



C H I N A T O U R I S M

# CHINA: 100 YEARS IN RETROSPECT

FROM HAMI TO  
BARKOL GRASSLAND

WINTER AT LANGMU TEMPLE

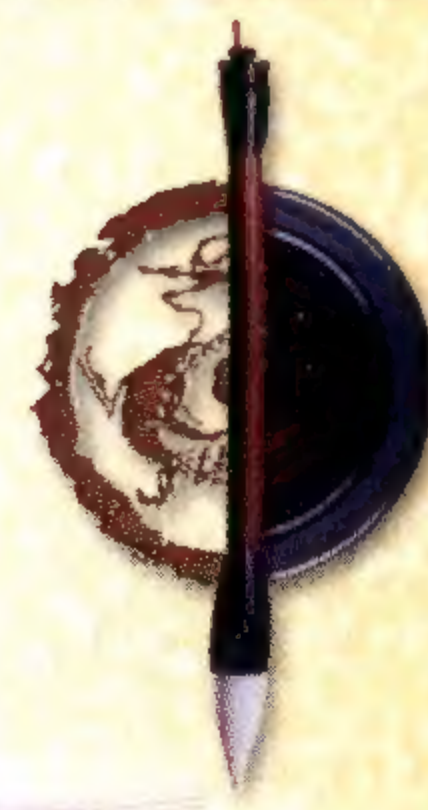
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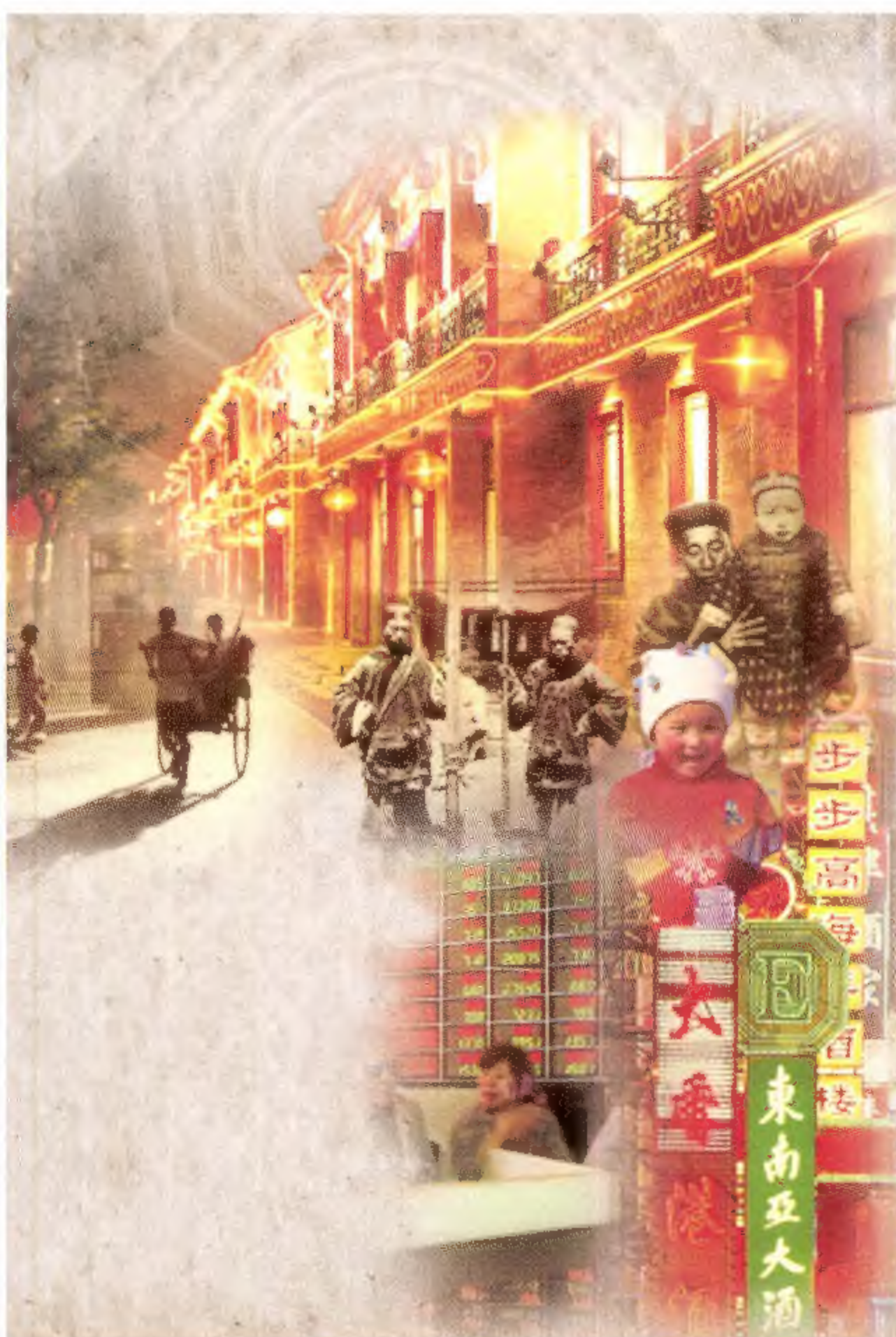
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There have been an infinite number of happenings over the past century. Behind every 100-year-old shop there are many anecdotes; and each 100-year-old man or woman is a witness to the history of the previous century. We take you on a nostalgic trip to the Bund and an old street in Shanghai, Dashilar Lane with many old shops in Beijing, the century-old pharmacy in Hangzhou, the old town of Qingyan, and the border town of Manzhouli. There are also the old photos of Kunming and the longevity stars in Guangxi. A retrospect of the past may serve as an inspiration to our future progress.



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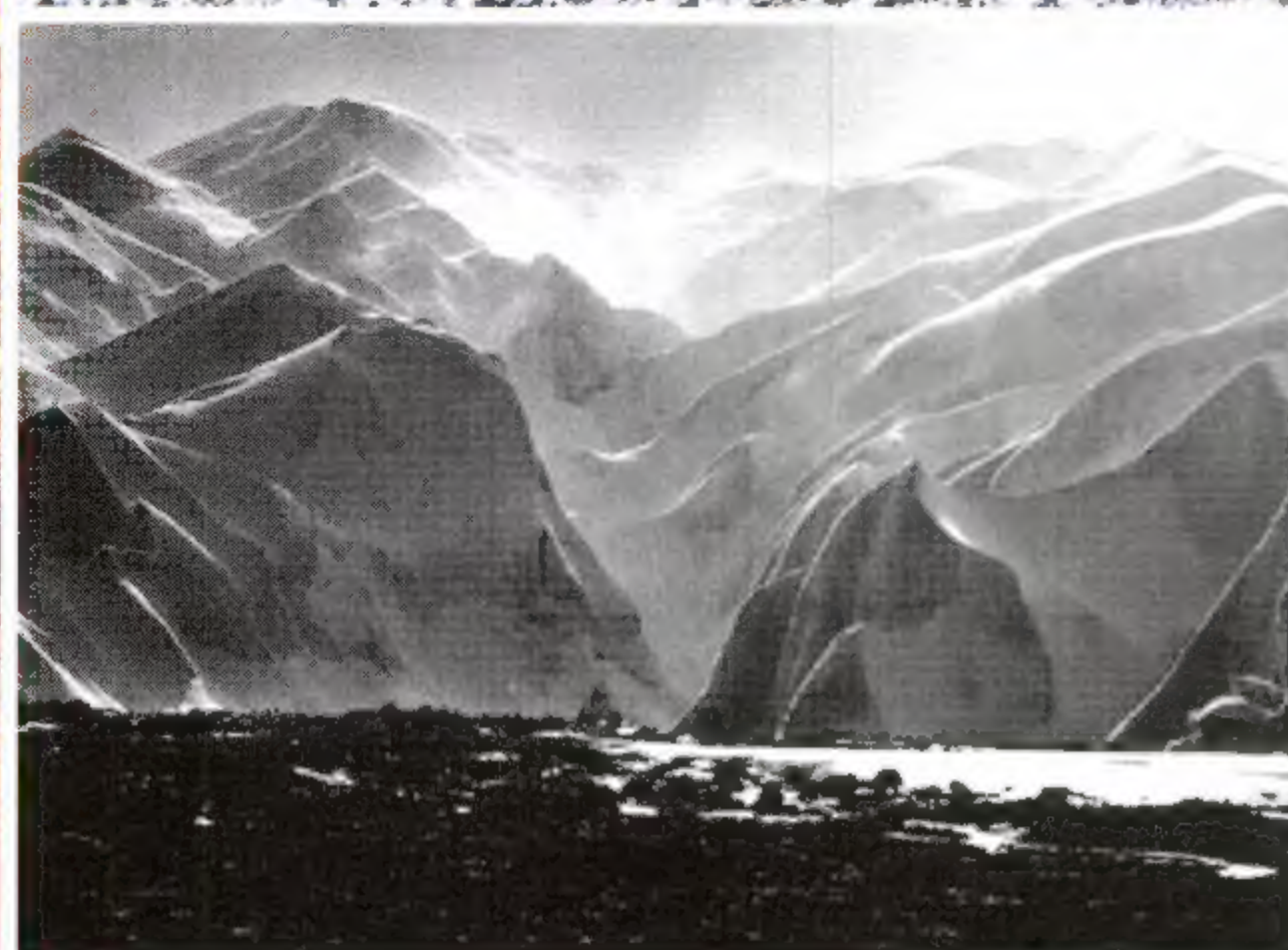
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*Photos by Li Shaotong Article by Chang Qingmin*

Langmu means "fairy" in Tibetan language. Located in the area that borders Gansu, Qinghai and Sichuan, the temple is especially attractive in winter. A visit during the first lunar month will offer a chance to see the grand Buddha-Sunning Ceremony, in addition to other characteristic customs of the local Tibetan people.

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*Photos & article by Liu Hui*

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vicissitudes of history on the ancient Silk Road and the magnificent beauty created by Mother Nature in this part of the world.

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## FROM THE EDITOR

### CHINA: 100 YEARS IN RETROSPECT

One of the ancient countries in the world, China has its share of relics with valuable historical significance. At the turn of the century, the visitor may be interested in seeing things that are more than 100 years old: old towns, old streets, old shops, and even old pictures and old people, all of which have witnessed the rise and fall of the nation.

Though we have entered a new era in which modern ideology and advanced technology rule the world, historical events and figures laid the foundations of our culture and our future development. In other words, retrospection not only allows us to look back on the past, but also offers us an opportunity to learn from past experiences so that we can get ourselves prepared for future challenges.

After finishing the nostalgic tour in our feature story, we hope that you can benefit at least a little from the wisdom of our predecessors.

Other highlights in this issue include a visit to the Langmu Temple at the border region of Gansu, Qinghai and Sichuan provinces which unveils the mystery of this holy land of Tibetan Buddhism; the journey from Hami to the Barkol Grassland around the eastern section of the Tianshan Mountains in Xinjiang Province, which is remarkable for the exotic ethnic customs of the minority people; and the story of a Yangtse River expedition in which members of the team trekked to the source of the river in difficult conditions.

*Photo by Guo Jianshe*





*On this regular page we include letters and comments received from our readers. We welcome and value all suggestions, praise, criticism and questions from our readers anytime. Please post, fax or E-mail your letters and comments to us (details at the bottom of this page).*

## LETTERS

You really outdid yourselves with the December issue on China's World Heritage Sites. I particularly enjoyed figuring out which sites I'd seen and which ones I have yet to visit. I'm sure that many of your readers are now keen to visit all of the sites. To help us with our plans, I wonder if you could do a follow-up piece including information on transportation and hotels. Perhaps you could publish a guidebook on the sites. I'm sure it would be a hot seller.

**Simmie Magid**  
Hong Kong

I have just received my December 1999 issue of "China Tourism" and I am most impressed with it. As with all of your magazines, this publication is of top quality in its content and its presentation. I intend to purchase three more copies of this issue to give as gifts at Christmas.

**Iris Heays**  
Henan, China

### Editor's Note:

We thank these readers and others who expressed their pleasure with this issue. As of December 1999, two new heritage sites were added to UNESCO's list — Wuyi Mountain in Fujian Province and Dazu Grottoes in Chongqing — now making a total of 23 in China. A book on all 23 of these heritage sites, complete with all the relevant traveller's information, is in the pipeline, and will be published around the middle of this year.

I am an avid reader of "China Tourism", and had read all the recent issues before I went to Yunnan Province this past summer. Although I enjoyed it, I was disappointed with your magazine. I found that a lot of the information on the transportation, accommodation and scenic sights was either inaccurate or wrong.

I also found that you promoted the beauty or quality of certain sights with great exaggeration or even untruth. For example, the Kunming International Horticultural Exhibition was in fact a sad disaster. There were few flowers there, and the organisation of the event was poorly done. It was incredible that some international exhibition sites did not have a single plant there, but only a picture, or were selling food or coffee. Another example was the Tiger Leaping Gorge, which was touted as magnificent, when in fact it was nothing special at all, and wasted my time and money getting there. The photos presented of this and other places do not seem to reflect the reality of the sights in Yunnan.

**K. Y. Wong**  
Hong Kong

I have recently had the chance to read several copies of "China Tourism". As a professional photographer myself, I find that far too many of the photos seem staged and unnatural. It would be far better to use natural photos to more accurately reflect the reality of the places. Most travellers these days prefer to see the true thing rather than a false, glossy version.

**Marie Lane**  
England

### Editor's Note:

We regret our reader's unsatisfactory experience in Yunnan. Although our reporters do their utmost to ensure accuracy, sometimes things do change quite rapidly in China, and without any notification.

Regarding photos, it is a valuable criticism. In fact, we at "China Tourism" are concerned about this, and we are trying to find a way to improve it. However, where ethnic costumes are concerned, photos have to be arranged since these are not worn every day.

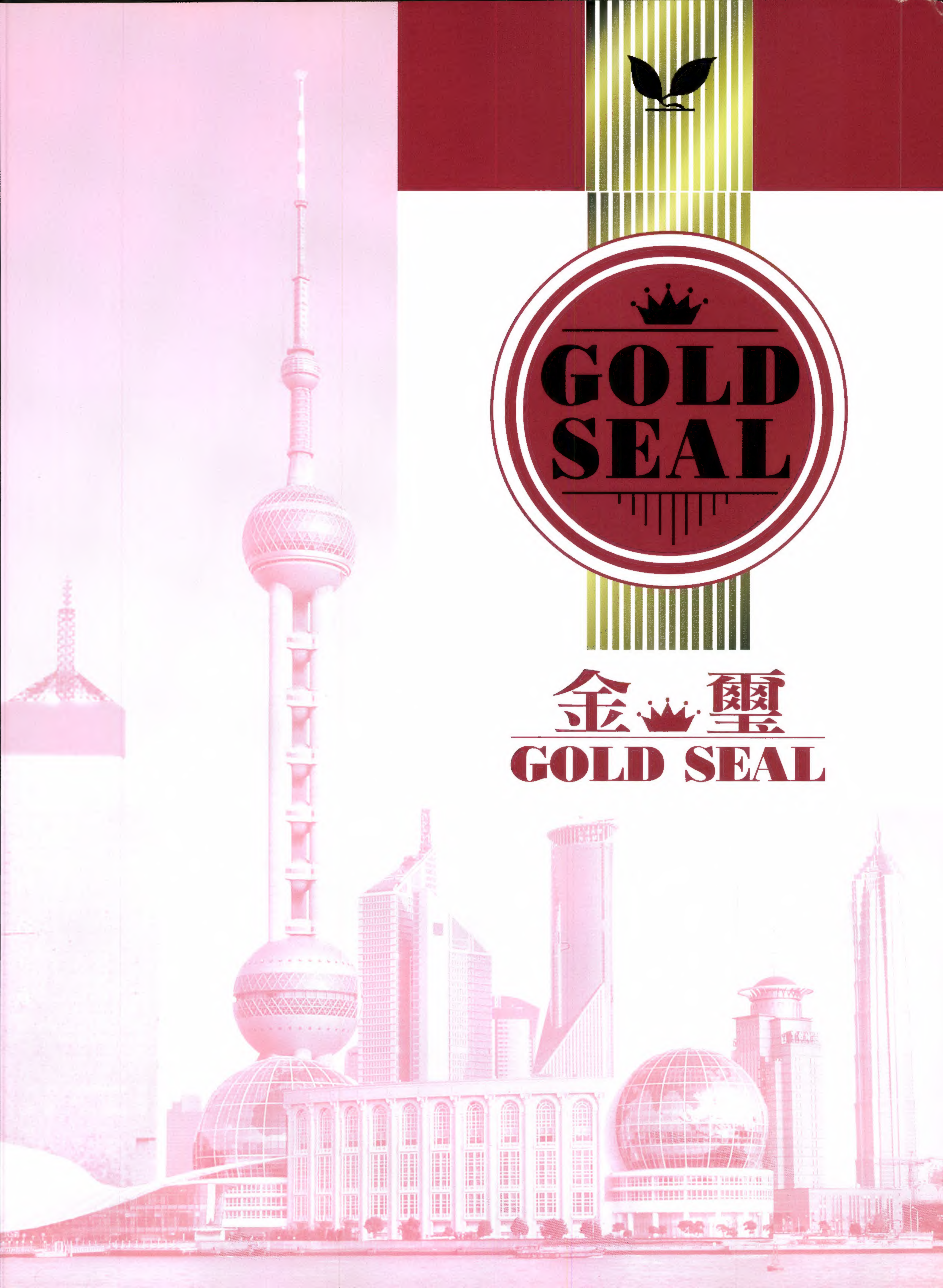
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金 璽  
GOLD SEAL





## Year 2000 Coming Events (March-May)

**March:** Tree Planting Festival will be celebrated in various localities, such as in Beijing's Century Forest Park, and along the banks of the Yellow River in Henan and Shanxi. Participants will plant "Century Trees" and "Millennium Trees", and also erect steles to mark the events.

**April:** Meizhou Mazu (Goddess of the Sea) Festival will be held on the 23rd of the third lunar month, birthday of the legendary native of Meizhou, Fujian Province.

On April 10, a grand prayer ceremony will be held at Shaolin Temple in Dengfeng County, Henan Province. Over 2,000 monks will be invited to



participate in the sutra-chanting to pray for world peace in the 21st century.

Weifang  
International  
Kite-Flying

Festival will be held from April 20-25 in Weifang, Shandong Province.

**May:** From May 8 to June 18, 200 artists from throughout the world will be invited to paint or sculpt on the Mutianyu Great Wall in Beijing. The China Great Wall World Arts Exhibition is designed to express hope for the new century and new millennium.



## Guanyin Statue of Stainless Steel, Sanya

A statue of Guanyin (Goddess of Mercy) will be built in the Nanshan Cultural and Tourist Area in Sanya, Hainan Province. A structure of stainless steel, standing 108 metres tall, it will be the first of its kind in China. The statue will comprise three figures of the Goddess of Mercy, each facing a different side of the sea. As part of the Nanshan Guanyin Cultural Park, the project will be completed in three years. The park covers a total of 300,000 square metres.

## New South Xinjiang Railway

The 1,446-kilometre South Xinjiang Railway, running from Kashi to Turpan, in Northwest China's Xinjiang Uygur Autonomous Region, has begun operation, bringing great convenience to transport in this area. The first section of this railway, a 476.49-kilometre stretch from Turpan to Korla, was completed in 1984. Construction of the Korla-Kashi section started in September 1996. It was listed as one of the key projects in the country's construction plan for the 1996-2000 period. Economic development in southern Xinjiang is expected to boom with the completion of the new railway.

## Anyang Protects the Yin Ruins, Henan

The city of Anyang, where the capital of the ancient Shang Dynasty (c.16th-11th centuries B.C.) was located, is making great efforts to protect the Yin Ruins, including building the Yin Ruins Museum.

The Yin Ruins in Anyang in Central China's Henan Province contain a large quantity of Shang cultural relics, including 150,000 pieces of bones and tortoise shells bearing inscriptions and a large quantity of bronze and jade objects. The inscriptions carved on bones and tortoise shells, together with the scripts on paper of ancient Egypt and the scripts on clay blocks of ancient Babylon are considered as the world's three earliest written languages. Among the bronzes found here is the Simuwu Quadripod, the largest bronze artefact in the world.

The Yin Ruins occupy an important position in the development of the Chinese civilisation.

## Piano Museum Opened to Public on Drumming Wave Isle, Xiamen

Gulangyu (Drumming Wave Isle) of Xiamen, Fujian Province, boasts picturesque natural scenery. It is also famous for being the hometown of many established musicians. Its per-capita piano ownership is the highest in the nation, hence the nickname, Isle of Pianos. Now a piano museum has opened since the New Year's Day on this small island. Displayed in the museum are 30 pianos from various parts of the world, including Australia, Austria, Britain, France, Germany and the United States. A rare international collection, it includes treasures such as a German piano used by the royal family, precious gold-plated pianos, the world's first square piano and the world's first and largest upright piano.



## Asia's Largest Medicinal Herbal Garden, Nanning

Tourists to Nanning, capital of South China's Guangxi Zhuang Autonomous Region, should not miss its thriving garden for medicinal herbs. Occupying 24 hectares of land, this is the largest of its kind in Asia. At present, 2,500 varieties of plants are grown in the garden. Among them, over 1,000 are recorded in the traditional Chinese medicine classic *Compendium of Materia Medica* written by Li Shizhen, a famous doctor of the Ming Dynasty (1368-1644).

The garden is divided into many sections for medicinal herbs of different characteristics and functions. Besides serving as a tourist attraction for travellers from home and abroad, it is also a centre for the breeding, preservation, research and exchange of medicinal plants.

## Changle: A New Tourist City by the Taiwan Strait

Changle at the mouth of the Minjiang River, Fujian Province, is emerging as a flourishing tourist city. Situated by the Taiwan Strait, Changle is the hometown of many residents of Taiwan. There are more than 300,000 overseas Chinese who claim themselves natives of Changle.

The city has a beautiful landscape with mountains and springs, in addition to the sea and reefs. On its charming coast, there are the Xiasha Seaside Holiday Resort and the Haixia Golf Olympic City. Infrastructure facilities have laid a solid foundation for the city's tourism development. The Changle International Airport has been in operation for two years. The city's highways make travelling in the surrounding areas very convenient.

## Qin Shihuang's Tomb More Discoveries

A large quantity of stone armours and helmets were found in a pit near the Mausoleum of Qin Shihuang, where the world-famous terracotta soldiers and horses were discovered. So far, 80 sets of armour and 30 helmets have been excavated and their exquisite workmanship shocked the archaeological circle.

Among the findings there is a huge drum-shaped bronze tripod, which, weighing 212 kilograms, is believed to be the largest of its kind made in the Qin Dynasty (221-207 B.C.). On the body of the tripod are two rows of deformed diamond designs, and on its hoof-like legs are patterns of animal faces. Found in the same pit are also over a dozen pottery warriors that are different from the previously unearthed ones in terms of dressing and appearance. The warriors wear only a short skirt just large enough to wrap around the waist.

## Beijing's Capital Times Square Opens

Located at the flourishing commercial area at Xidan in the western section of the Chang'an Boulevard, the Beijing Capital Times Square opened to the public in the end of 1999. With a floor space of 120,000 square metres, the Beijing Capital Times Square comprises five shopping floors, 10 office floors, a large tower, and a parking lot for more than 300 cars. Its underground entrance is connected to the subway.

The building features a high-tech intelligent managerial system. Its 1,500-square-metre roof garden changes scenes with the changing of the four seasons. From the garden, visitors can have a panoramic view of the Chang'an Boulevard and the surrounding area. The square is expected to hold 130 stores, including a department store and a supermarket. It is also equipped with a cinema with four screens and 1,000 seats.

## Chinese Dinosaur Fossils Displayed in Hong Kong

As if arriving to join the Hong Kong people in their new millennium celebrations, 14 genuine dinosaur skeletons from Beijing are being displayed in the Science Museum of Hong Kong.

These giant dinosaur skeletons were chosen from the precious collection of the Beijing Natural History Museum. Among them are the Mamenchisaurus with the longest neck of all dinosaurs;

the Huayangosaurus which was a very primitive stegosaurus; and the Tuojiangosaurus which had the largest number of bony plates. The exhibition started on December 14, 1999, and will last until June 11, 2000.

Besides the dinosaurs, a fine collection fossil specimens uncovered in China will also be on display, ranging from the ancient animal and plant fossils, including those of the skulls, teeth, eggs and footprints of dinosaurs.





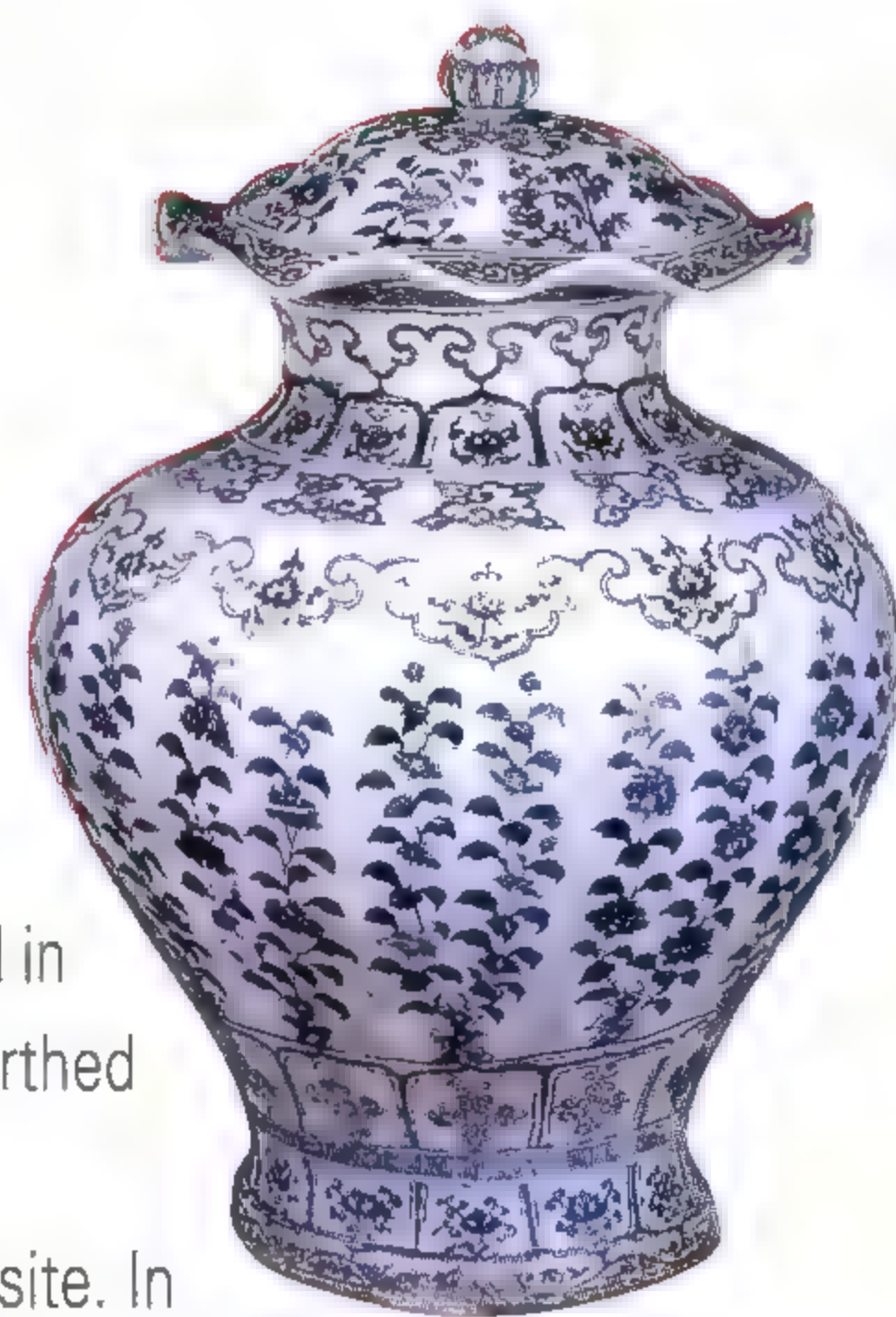
## Exhibition

**Imperial Porcelain from Jingdezhen**

## Beijing

Jingdezhen's fame as a porcelain town started way back in the Song Dynasty (960-1279), and has since taken a prominent position in Chinese porcelain history. From now till February 9, 2000, over 400 pieces of ancient porcelain from this Jiangxi town are on display in the Exhibition of Yuan and Ming Imperial Porcelain Unearthed from Jingdezhen held in Beijing's Yan-Huang Art Museum. According to the museum, the exhibits are a large collection of the most recently unearthed porcelain from Jingdezhen's Zhushan Imperial Kiln. This is the first time some of them are on display.

For more than 10 years, archaeologists have been carrying out scores of excavations, and clearance and repair of the site. In order to show the country the results of years of research, the organisers decided to stage this large-scale exhibition featuring the best of the unearthed porcelain from the ancient imperial kiln. Among the collection is a blue-and-white covered jar painted with branches of foliage of the Ming Dynasty's Hongwu reign (1368-1398). This vessel is considered a rarity as it used to be believed the period yielded no such containers.



## News

**Millennium Commemorative Coins of the Palace Museum**

## Beijing

To hail the arrival of the 21st century, the Palace Museum, Beijing, has issued the Millennium Commemorative Coins of the Palace Museum. A total of 22,000 sets of coins have been minted for distribution, of which 2,000 sets are gold, and 20,000 sets are silver. Each set contains 81 coins with different designs. The No.1 gold coin of the series will be kept in the Palace Museum forever.

On the reverse of the coins there is a picture of a sundial. The face contains one of many different single-colour relief designs. The 81 designs comprise nine categories: architecture, imperial seals, bronzes, porcelain, jade ware, watches and clocks, furniture, paintings and calligraphy, and sculptures. These 81 designs have been selected by experts as most representative of China's cultural relics.

Each coin is inscribed with the year 1999 and the theme "Chinese civilisation and treasures of the century" in the handwriting of contemporary celebrated calligrapher Qi Gong.

As for exact specifications, the coins are made of pure gold or silver. Each gold coin measures 23 millimetres in diameter and weighs nine grams while each silver coin measures 40 millimetres in diameter and weighs 31.104 grams or one ounce. The museum has also issued exquisitely designed commemorative albums to go along with the coins. Buyers of the commemorative albums will get a free copy of Appraisal of the Millennium Commemorative Coins of the Palace Museum.

## Transport

**Guilin-Beihai Expressway Opened**

## Guangxi

In Guangxi Zhuang Autonomous Region, the renowned tourist city Guilin in the north of the region is now linked up with the southern cities Beihai and Fangchenggang in the coastal area of Beibu Gulf. The 652-kilometre-long Guilin-Beihai Expressway was put into operation on October 1, 1999. The construction of the expressway started in 1993. The project cost some 10 billion yuan.

A thoroughfare joining the northern and southern parts of Guangxi, the Guilin-Beihai Expressway is a major section of the 12 main state highways which are due to be finished before 2010. It is also the longest expressway within a province in China and will reduce travel time by half from Guilin to Beihai.



## Food

**Taiwanese Beverages Enter China**

In recent years, the new-style Taiwanese teahouses selling drinks such as Pearl Sago Tea have met with a warm welcome in Hong Kong. Following the landing of the first teahouse in Guangdong Province at the end of 1998, hundreds of similar shops popped up in the region of the Pearl River Delta in just a couple of months. The Guangdong customers, especially the younger generation, lose their hearts to these exotic drinks which are all typically Taiwanese. Apart from the Pearl Sago Tea, the shops also serve various kinds of black tea, green tea and fruit tea, both hot and cold. Typical Taiwanese snacks are offered as well.

These distinctive Taiwanese teahouses have also made their debut in Beijing and Shanghai, bringing to the customers a completely refreshing taste.



## Food

### Red Mansion Banquet

**Beijing** The famous theme park Grand View Garden in Beijing was once the set of the TV program *A Dream of the Red Mansion* adapted from the novel written by the acclaimed novelist Cao Xueqin. Later the garden was opened to the public and has since become a popular tourist attraction.

The Grand View Garden is modelled after the imposing residence of the novel's leading character, Jia Baoyu, and his family members, who are the emperor's relatives holding titles of official nobility. In order to let fans discover how extravagant the Jia family dining was, the Grand View Garden opened a Grand View Tower Restaurant to serve the Red Mansion Banquet.

The chefs in the Grand View Tower Restaurant have all carefully studied the dishes of the Red Mansion Banquet described in the novel. Some dishes are cooked according to their meaning and the rest are made according to the actual ingredients. Examples of these dainties are tiny *zongzi* filled with sweet bean paste, roasted venison and pheasant cooked in a casserole. When the feast starts, the attendants will introduce the dishes served and the relevant interesting parts of the novel. Entertaining activities that appear in the novel, such as riddles and words games, are also arranged.

Tasting the Red Mansion Banquet is not only an opportunity to savour these delicacies, but also an occasion to learn about Chinese culture.

## Culture

### Xiuhua Mountain Hall, a Family Museum Presenting the Tujia Culture

**Hunan** The picturesque Zhangjiajie in western Hunan Province is a World Heritage site in China named by UNESCO. Every year, it attracts tens of thousands of domestic and foreign tourists who are amazed by its fantastic natural landscapes. A local museum there, the Xiuhua Mountain Hall, showcasing the Tujia culture which is gradually fading, has become another attraction in the region.

The Xiuhua Mountain Hall, opened in 1997, is the first Tujia culture museum in China. It is named after a Tujia couple, Chen Chuhua and Gong Daoxiu, who have devoted their lives to preserving the folk culture. In traditional Tujia architectural style, the hall has become a must-see for tourists, receiving about 500 visitors daily during the height of the tourist season.

With a population of 5.8 million, the Tujias live mainly in the mountains of western Hunan Province, southwestern Hubei Province and eastern Chongqing. In Hunan alone, there are 1.8 million Tujia people.

Harsh natural conditions and a social order dominated by bandits characterised Tujia living. The more than 9,000 objects exhibited in the museum attest to their life of hardship. The waterwheels, looms, oil mill utensils and farm tools enlighten the visitors about the Tujia's harsh past under the Kuomintang rule before the People's Republic of China was founded. The hall also contains a number of luxury items belonging to well-off families, including chairs and cupboards bearing fine engravings, and brocades, which serve as a testimony to the heavy oppression previously suffered by ordinary Tujia people. Many of the items collected at the hall are now used as sample designs for tourist souvenirs in Zhangjiajie and other areas of western Hunan.

Chen Jun, the son of the couple, has pledged that he will extend the significance of the museum by using its exhibits to research into Tujia history to realise his pursuits as well as those of his people.



## News

### China: The 21st-century No.1 Travel Destination

The World Travel Organisation predicts that by 2020, China will substitute France to become the world's No.1 travel destination, attracting 130 million foreign visitors annually, and as many as 100 million Chinese will go travelling abroad. France will drop to the second place, followed by the United States, Spain, Hong Kong, Britain, Italy, Mexico, Russia and the Czech Republic.

According to statistics, in 1998, there were 24 million foreigners visiting China, making the country the sixth most popular travel destination in the world. Meanwhile, it ranked ninth for having 8.4 million of its people who went sightseeing in overseas countries. Nevertheless, in 2020, the number of Asian tourists will jump from 84.4 million in 1995 to 405 million, of which one fourth will be from China.

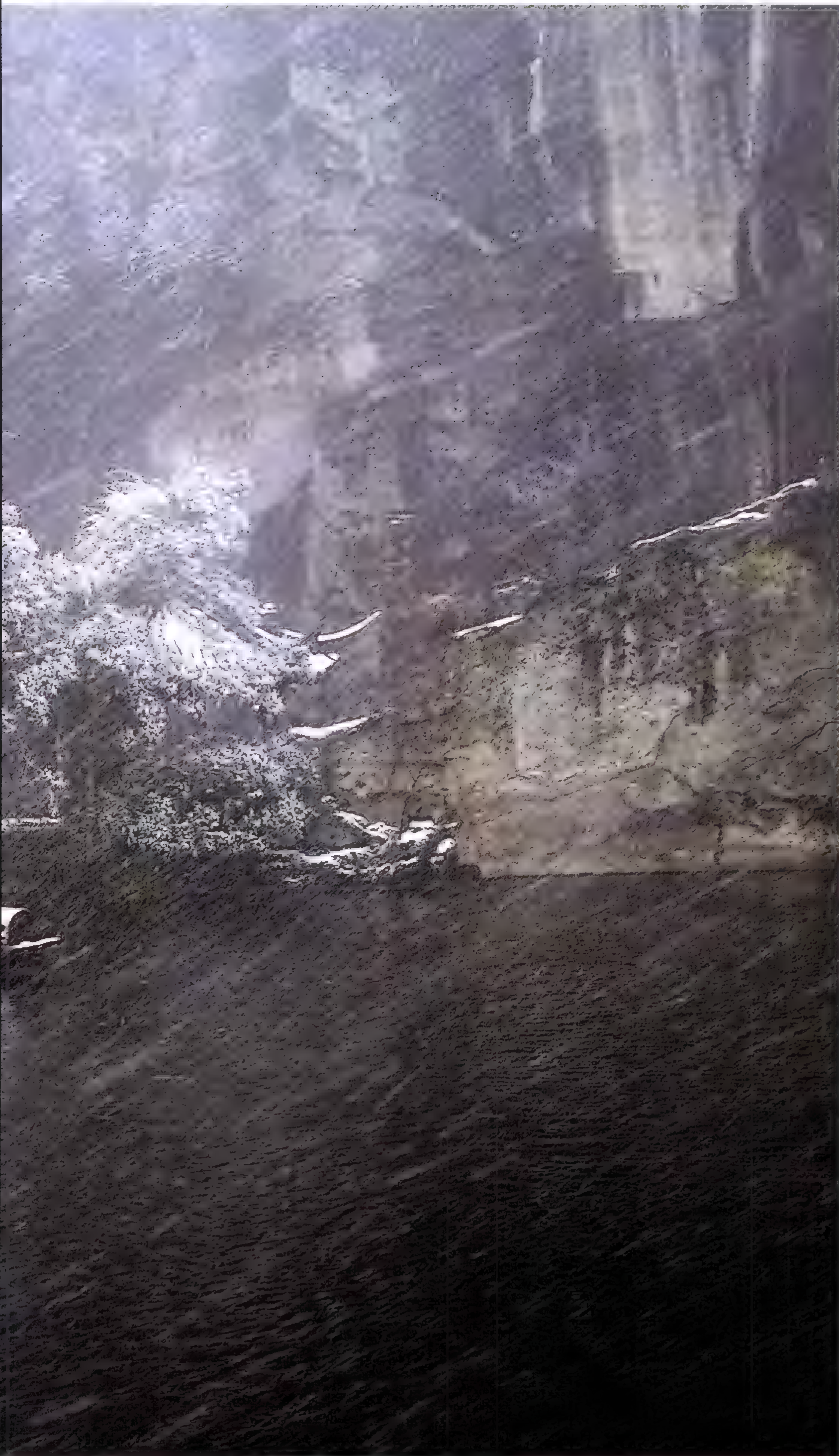
The World Travel Organisation is composed of travel organisations in 138 countries and regions. Its headquarters is in Madrid, Spain.











## PHOTO ADMIRATION

### *Snow on Donghu Lake*

**D**onghu Lake in Shaoxing, Zhejiang Province, is also known as Jianhu, meaning Mirror Lake. It is a man-made lake, a result of quarrying by ancient people.

**D**uring the winter months from December to February, you may have the good fortune of seeing snow falling on the lake. Snowfalls south of the Yangtse River are quite different from those in the far north. Here, you cannot see a white covering for very long, as the snow melts as soon as it touches the ground. The snowflakes are different too — huge, like petals or blossoms — and drift magnificently in the air. To take a picture, find a dark background and use a slow shutter speed. The atmosphere of the imposing snowfall will come out with an even stronger sense in the photo.

**Photography reference:**  
**Lens:** 20-35mm; **aperture:** F11-16; **shutter:** 1/4-1/8 second.  
**Use a tripod to get a clear background.**

*Photo by Liu Jiaxiang  
Article by Li Wu*



## FEATURE STORY

# Anecdotes of the Past Century

It is the 100-year-olds who are the witnesses of the past century. Their experiences are records of the various happenings in history — famines, wars and chaos, toppling and establishing of dynasties, and reforms and changes....

Each century-old store has its own stories. Some have started from peddling in the street and eventually expanded to become big shops in elegant buildings. During this process, there have been both bitterness and sweetness....

Shanghai, an international port city in the Far East, experienced dramatic development in the past 100 years. The historical vicissitudes, the coming and going of Chinese and foreign entrepreneurs, all have left their mark on the present-day picture of an increasingly prosperous metropolis....

Pictures taken a century ago, which had travelled across the oceans to the West, have been brought back to their original site, Kunming. However, the old streets and buildings, though bearing their same names, can hardly be recognised after such a long period of changes....

We also report on several other century-old time markers — an ancient town, a land port on the border, a traditional Chinese medicine pharmacy, and a soup cooked with old recipe....

It has been a century of endless stories.









# A Hundred Years in Shanghai

Photos & article by Xie Guanghui

If you want to see 2,000 years of Chinese history, you should go to Xi'an; if you want to see 1,000 years of Chinese history, go to Beijing. But to see China over the last century, Shanghai is definitely the best place. Indeed, Shanghai is a microcosm of modern Chinese history.

In the 19th century a member of the British East India Company reported to the British government on the importance of Shanghai to the British Empire. Consequently Shanghai became one of the five open trading ports listed in the Nanjing Treaty. Shortly after the Qing government announced the opening of Shanghai to foreign consulates, George Balfour arrived there as the first British consul-general. He had talks with the regional governor of Shanghai, Gong Mujiu, on the settlement of British merchants in the city. Shanghai was just a seaside county seat then. The area outside its eastern city gate, where the Huangpu River ran past, was infested with reeds, and mosquitoes and flies. This locality, which faced the vast Pacific and had the Yangtse River to its back and later became the Bund, was not lost on Balfour. If a harbour is built here, he thought, then British vessels could sail right into China's hinterland. Gong Mujiu, who was worried about the embarrassing prospect of foreigners settling inside the city, thought it might not be a bad idea to yield that patch of wild land. However, believing that all

land under heaven belonged to the emperor, he could not bring himself to sell it to them. After many rounds of talks, he convinced the British to simply rent it permanently.

## Trade Gravitated to Shanghai

Shortly afterwards, Gong promulgated regulations on land lease. He also announced that the area north of present-day Yan'an Road East, south of present-day Beijing Road East, west of the Huangpu River and east of present-day Henan Road Central as the British concession. The United States, France and Russian followed suit, setting up one consulate after another and, violating the

Chinese land lease regulations, established the French, American and public concessions.

These concessions attracted foreign investors who built warehouses and docks. The heart of Chinese foreign trade was thus shifted from the Pearl River estuary to the Huangpu River, and Shanghai's trade volume gradually expanded to outstrip that of Guangzhou. Virtually all the Chinese exports of raw silk and tea were shipped via Shanghai, which was also a centre for imports of kerosene oil, foreign cloth and rolled steel. The riverside from Shiliupu to Dongjiadu was studded with docks and dotted with sails. Shanghai thus became modern China's commercial and trading centre. To meet the snowballing demand for ships, both Britain and the United States opened shipyards in Shanghai.

## Hongkong & Shanghai Bank: First Foreign Bank in Shanghai

The burgeoning trade triggered robust economic growth and attracted many foreign bankers. The Hongkong & Shanghai Bank was the first to establish its headquarters in Shanghai. It was followed by banks from France, the United States, Russia, Germany, Japan, Holland and Belgium, which built several dozen Western structures along the Bund. The Hongkong & Shanghai Bank's seven-floor building in Greek renaissance style was the most eye-catching and lauded by the British as one of the most elegant buildings in the Far East.

Horse racing was a British obsession. The racecourse in Shanghai was an investment by six British men, who leased



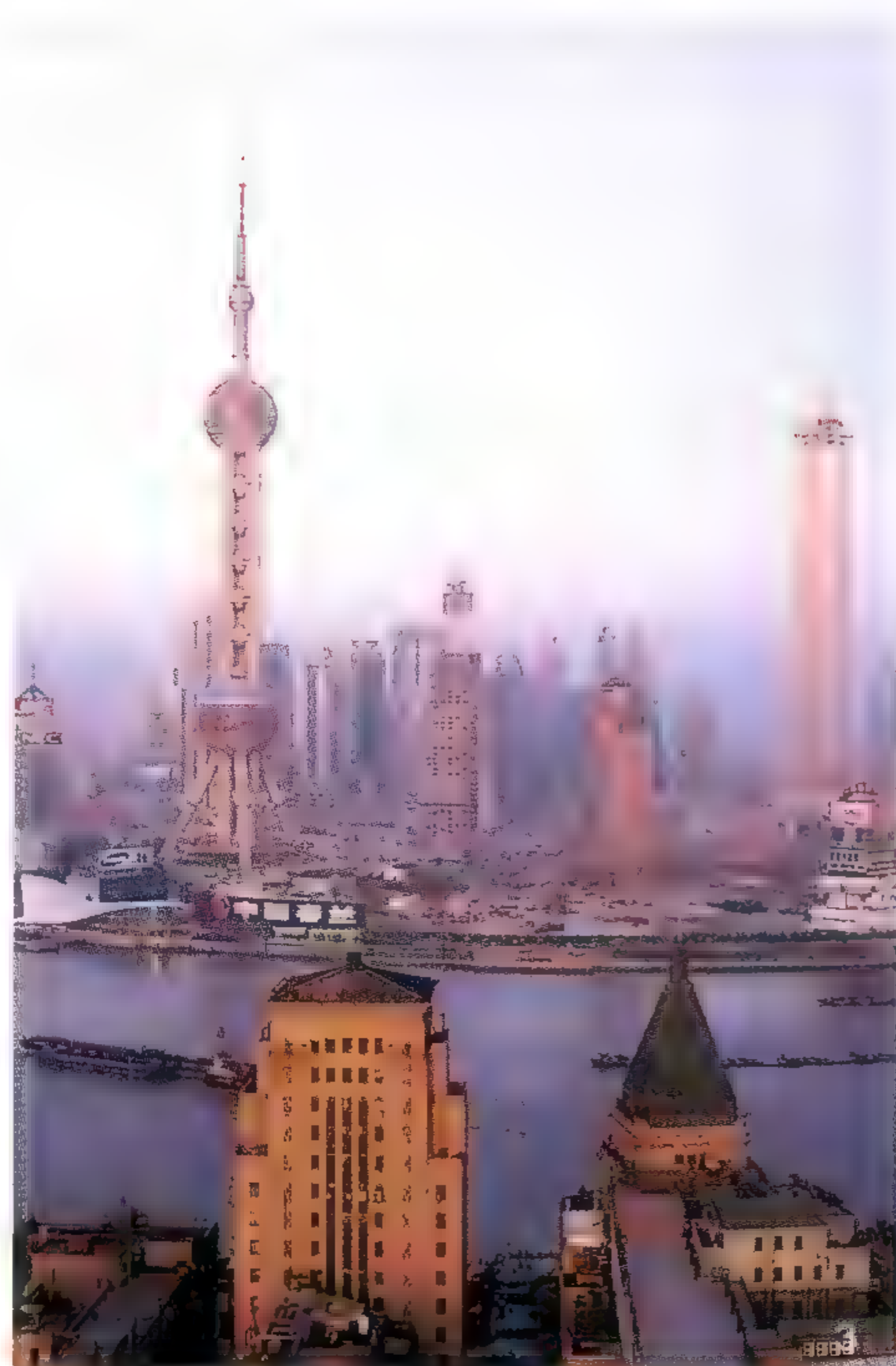


5.3 hectares of land near Henan Road Central, paved a road around it to serve as the racecourse, and built a garden in the centre for British residents living along the Bund. The original footpath was converted into a promenade. At the time nobody could know that this tiny footpath would later become the thriving Nanjing Road.

### Rise of the Real Estate Industry

In the beginning the British were unfamiliar with the Chinese market. A British company shipped in large

quantities of knives and forks, but naturally few were sold. A London company thought that at least one among 200 Chinese women would like to learn to play the piano, so they shipped in many pianos, but had to pile them up in the warehouse. Because the Chinese were separated from foreign residents, Shanghai's foreign concessions grew rather slowly at first.



1. The statue of Sir Harry Parkes (1828-1885), British Ambassador to China, was destroyed by the invading Japanese armies in World War II.



2. The statue of Chen Yi (1901-1972), Shanghai's first mayor since the founding of New China
3. A panoramic view of the Pudong New Development Area of Shanghai
4. Beginning from the latter half of the 19th century, dozens of foreign banks came to Shanghai to set up their branches.
5. A scene of the Bund along the Huangpu River in the 1940s (reference photo)





The year George Balfour arrived in Shanghai, Hong Xiuquan founded the Society of God Worshippers and began secret anti-Manchurian activity. Ten years later, Hong's Taiping (Heavenly Kingdom) rebel army sacked Nanjing, and the Small Sword Society uprising army rose in response and occupied Shanghai. To avoid the war and turmoil, residents took refuge in the foreign concessions. A British merchant named Smith was excited about the



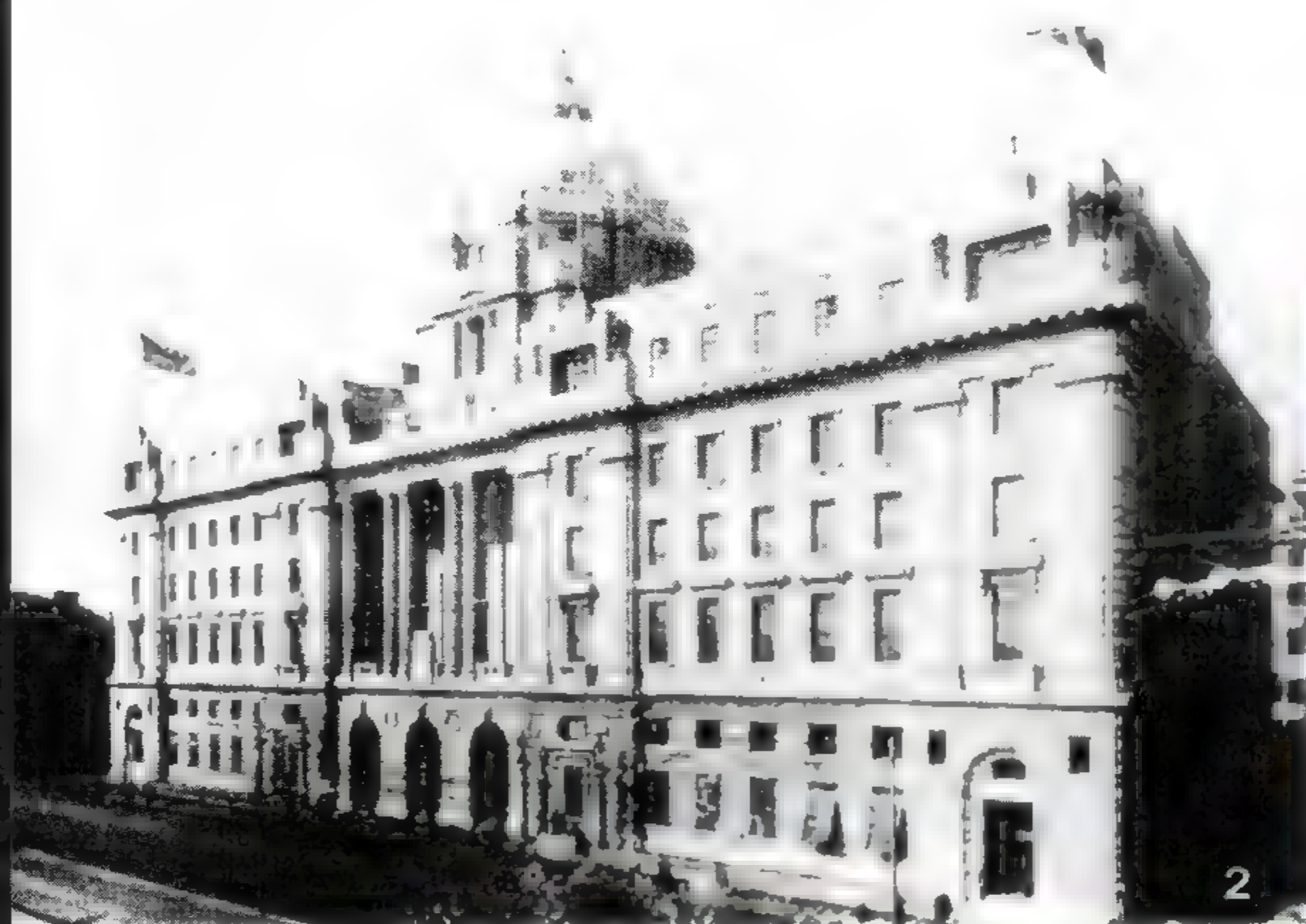
opportunity. "We could build houses in the concession, and this is not for charity but for profit," he said. In a matter of six to seven years, he built nearly 9,000 wooden houses. The once sleepy concessions suddenly awoke with activity.

After the quelling of the Taiping Uprising, the situation stabilised. For fire safety, Britain

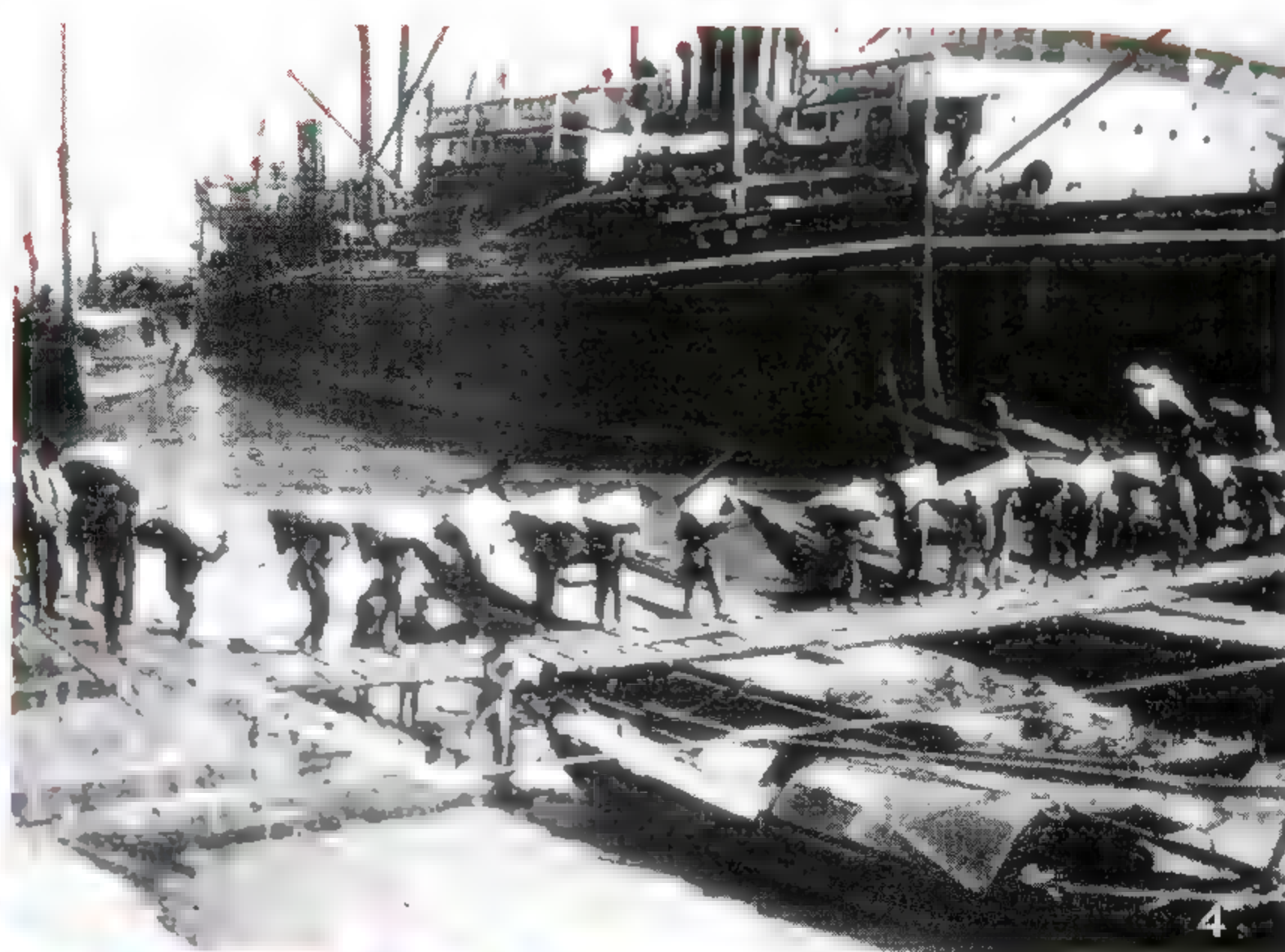
and the United States decided to replace the original wooden structures in their concessions with brick-and-wood structures. Foreign companies already established in Shanghai vied with one another to invest in the real estate industry. As a result, houses of Shikumen (stone warehouse) style mushroomed to account for 65 percent of the total floor space of abodes in downtown Shanghai.

## French Cultural Influence

With the influx of Western industrial civilisation, Li Hongzhang, a representative







of those who suggested China learn from the West and develop modern industries, opened the Jiangnan General Manufacturing Bureau in Shanghai. Relying on British engineers he made guns and canons, ammunitions and ships, and developed the defence industry for China. Then he gradually converted military industrial



1. The former headquarters of the Hongkong & Shanghai Bank now houses the Pudong Development Bank.
2. The previous building of the Hongkong & Shanghai Bank
3. This seven-storey building of the Hongkong & Shanghai Bank was once considered as the most gorgeous structure in the Far East.
4. Loading of a Japanese ship (photo taken in the 1930s)
5. The cargo terminus in Pudong
6. Walking on the Bund
7. The Bund in the 1930s (reference photo)







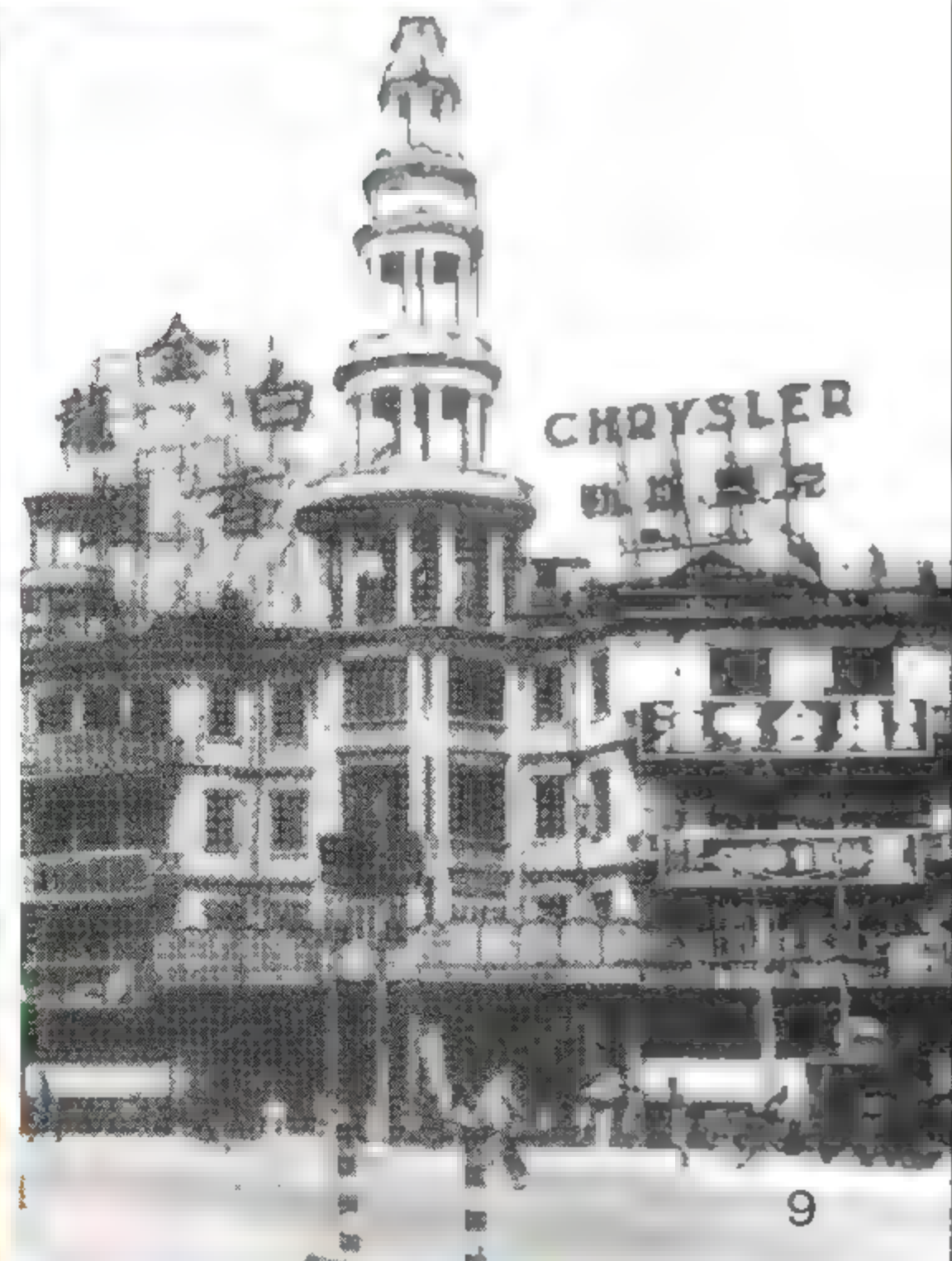
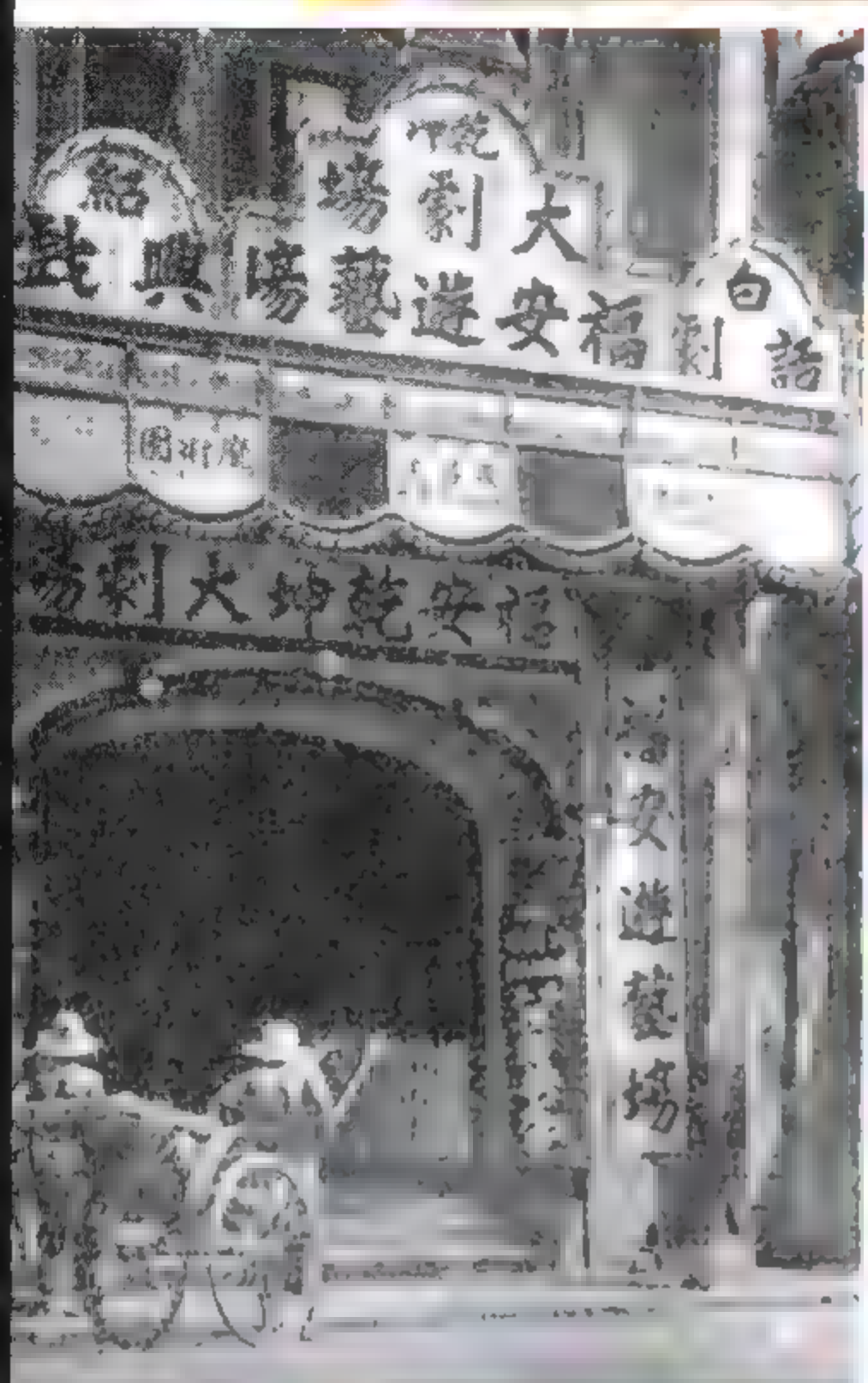
technology to civilian industry and opened a steamboat bureau, and a machine and textile bureau. The Chinese national industry thus came to stay, and a number of reformers emerged, such as Wang Tao and Xue Fucheng, who advocated learning from Western countries.

France had the largest cultural impact on Shanghai. In 1946, the number of French people living in Shanghai reached 4,000. Though the French

1. Nanjing Road, the busiest commercial street in Shanghai
2. Nanjing Road in the 1930s (reference photo)
3. A nightclub equipped with Karaoke TV rooms in Shanghai
4. A theatre for the common people in Shanghai in the 1920s
5. The neon-lit Shanghai
6. A ballroom opened by a British merchant in 1933
7. Rickshaws were introduced from Japan into Shanghai by the French in 1847.
8. The pedicabs are now serving tourists in Shanghai.
9. Da Shi Jie (The Big World) in the 1930s. Established in 1917, it was an entertainment centre providing all kinds of recreation, including movies, circuses and gambling.
10. The current Big World, which is a nightclub for common citizens











community was not as large as those of the local Japanese, Russian, British, American and Jewish, it asserted a far greater influence on modern Shanghai culture and lifestyle than the others. Old-timers still remember clearly that apart from the cluster of restaurants and cafés serving French food behind the chinese parasol trees along present-day Huaihai Road, France left two landmarks in Shanghai: the church at Xujiahui and the Zhendan University at Lujiawan.

The newly emerged national industry also played an important role in making Shanghai a city with China's highest population density and most well-developed

public utilities, as well as a cultural and economic hub.

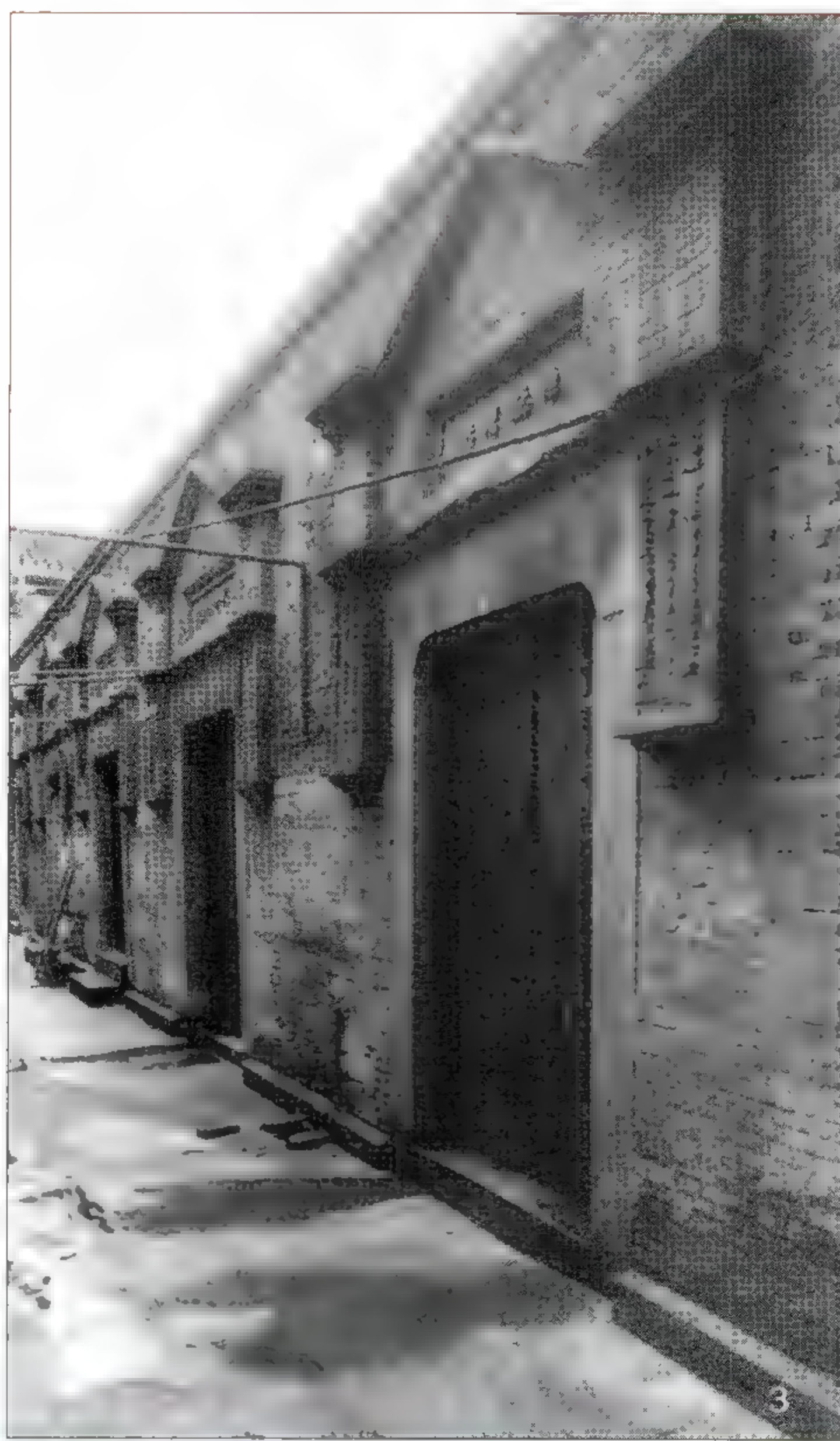
Shanghai's unique historical background and geographical environment led to extraordinary boat traffic on the Huangpu River, a riot of neon lights on its shopping streets and the Bund filled with people impeccably attired in Western suits. As early as the 1930s, Shanghai was already an international metropolitan city.





### The Rise of a New Shanghai

Today, from the revolving restaurant of the 263-metre-high TV tower that has become a landmark of Shanghai, you see that the grey colours of history have become somewhat lighter, and the scenery has gone from ancient to modern. Rising among a jungle of skyscrapers is the 420-metre-high, 88-floor Jinmao Tower, which has become China's tallest building and the fourth tallest in the world. The Shanghai Huanqiu Financial Centre, which is under construction, with 95 floors and a height of 466 metres, will outstrip the Petronas Towers in Kuala Lumpur by 14 metres to become the world's tallest building. The newly completed



Pudong Airport spreads out like a seagull under heaven.

Shanghai has emerged before us with a new look at the turn of the century.



*Translated by Ling Yuan*

1. The People's Square at night. It was here that the British had built their racecourse.
2. A scene of the former racecourse (reference photo)
3. Shikumen (stone warehouse) houses built in Shanghai's concessions
4. After the failure of the Taiping Heavenly Kingdom Uprising in 1864, Shikumen houses were developed as an important part of Shanghai's real estate.





# Beijing's Dashilar : Lane of Century-Old Shops

Photos & article by Zhu Jianhui

**D**ashilar, a small lane of only 275 metres length, is a place that houses more traditional brand-name shops than anywhere else in Beijing. And as such, it is also a place of many stories.

Visitors may be confused to find this lane, though it is one of the most prosperous commercial areas in Beijing. The three characters *Da Shan Lan*, are actually pronounced as *Dashilar* in the Beijing dialect. The name of this lane, which means "great fence", came from the fact that in old times, lanes in Beijing had fences on both ends to keep out scoundrels and thieves.

## Thriving in the Qing Dynasty

Beijing's Inner City commercial centres had long been the Dongsì, Xidan and the Drum Tower area, while in the Outer City district it was Dashilar outside the Qianmen Gate. During the Yuan Dynasty (1271-1368), Dashilar was already a crowded residential area with thriving commercial activities. After Ming-dynasty emperor Yongle made Beijing the capital, the imperial palace was expanded and more royal mansions were built in the original Inner City. In 1553, the Ming court built an Outer City in the southern part of Beijing and incorporated the area outside the Qianmen Gate into the Inner City. On May 3, 1644, the second day after the Qing troops took Beijing, the Han residents and shopkeepers in the inner city were forced out and, as a result, Dashilar and the Qianmen Gate area became the commercial centre of the southern district.

The prosperity and fame of Dashilar Lane have much to do with the old shops lining it.

## Everything on One Street

Dashilar was known for the traditional brand-name shops which dealt in all the necessities of life — clothing, food, drink and common daily items.

There is a Chinese jingle which expresses the roles that these shops played in people's lives: A Beijinger of the time would "wear the hats of Majuyuan, the shoes of Neiliansheng and the clothes of Badaxiang, carry the bank notes of Sidaheng, get a package of tea from Xihongji, and take a bath at Dongshengping".

Love for brand-name products is not a fad reserved solely for the people of today. People in old Beijing also made a fuss of wearing and using brand-name products. Even when taking a bath, they wanted to go to the most famous bathhouse. In the old days, one did not need travel far to visit the shops as all the brand-name products could be found in a single lane, Dashilar.

## Ruifuxiang, a Shop Where Money Returns

When mentioning clothing, Badaxiang (eight stores whose names all contain the word *xiang*, which means something auspicious) and Majuyuan will always come up. Majuyuan, a shop selling hats that opened in 1811, has the longest history among such type of shops. In old times, it was a fad for the nobility to show off their position and wealth by wearing a hat from Majuyuan. Today, the shop at 27 Dashilar still bears the same name and mainly deals in hats.

There are different lists of the Badaxiang cloth shops. No matter which eight they were, originally they all dealt in cloth, silk and imported fabrics. Ruifuxiang was the most representative of all. The founder of the shop was a descendant of Mencius, a great thinker who lived 2,000 years ago. In the mid-Qing Dynasty, the family was operating its Wanfuxiang shop in Zhoucun, and Ruifuxiang in Jinan, both in Shandong Province. In 1839, Meng Luochuan opened the Ruifuxiang shop in Beijing. Though the last of the eight to open, Ruifuxiang was so well managed that it quickly became the largest of the eight in business volume. This might





have had something to do with its name. The Jin-dynasty author, Gan Bao, in his work *Searching for the Spirit*, included a mythical story of a worm that always returned to any of its eggs that were taken away, no matter how far. It was believed that if the blood of the mother and baby worms were spread on coins, the money would return to the original owner. The shop owner, who had obviously acquired scholarly genius, had gone into the classics to find the right name for his shop. No wonder that only a dozen years after its opening, Ruifuxiang quickly monopolised the silk and cloth business in Beijing.

Later, the Meng family opened four other shops under the unified prefix of Yuan (meaning source of resources) in their names at Dashilar. Their businesses took up almost half of the precious commercial centre of Dashilar, with 100,000 taels of silver as net profit. The family even established branch shops in other cities, seemingly realising



their ancestors' wish of having the money spent and then returned.

### Neiliansheng, a Shop Selling Lucky Shoes

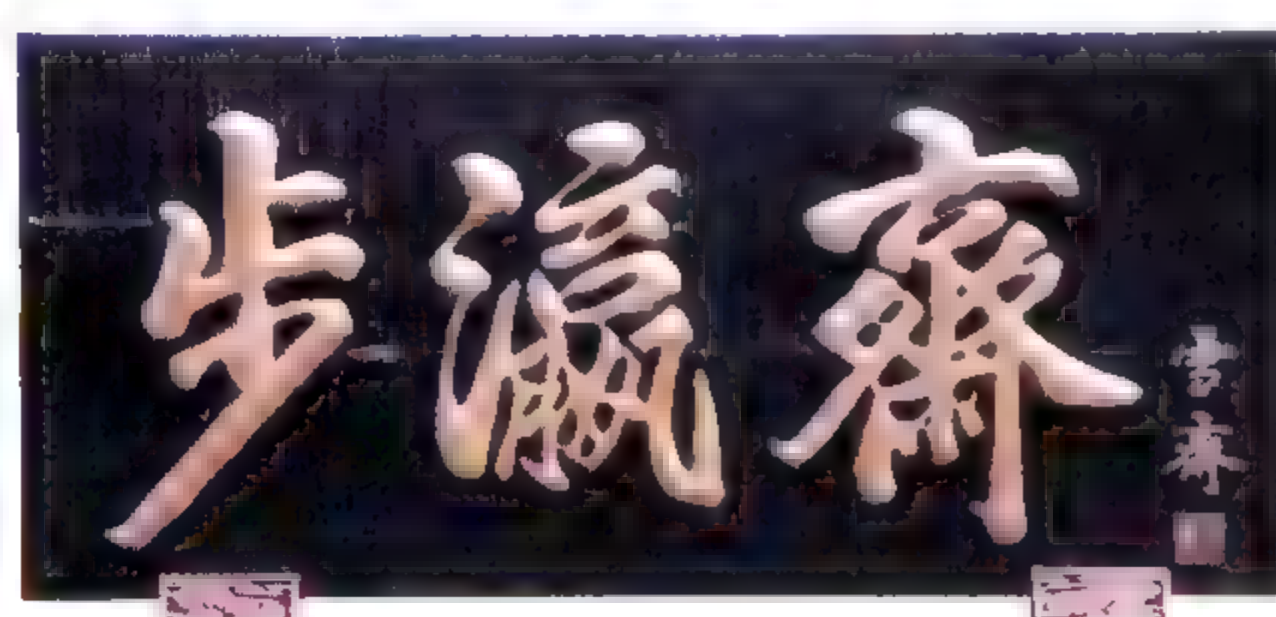
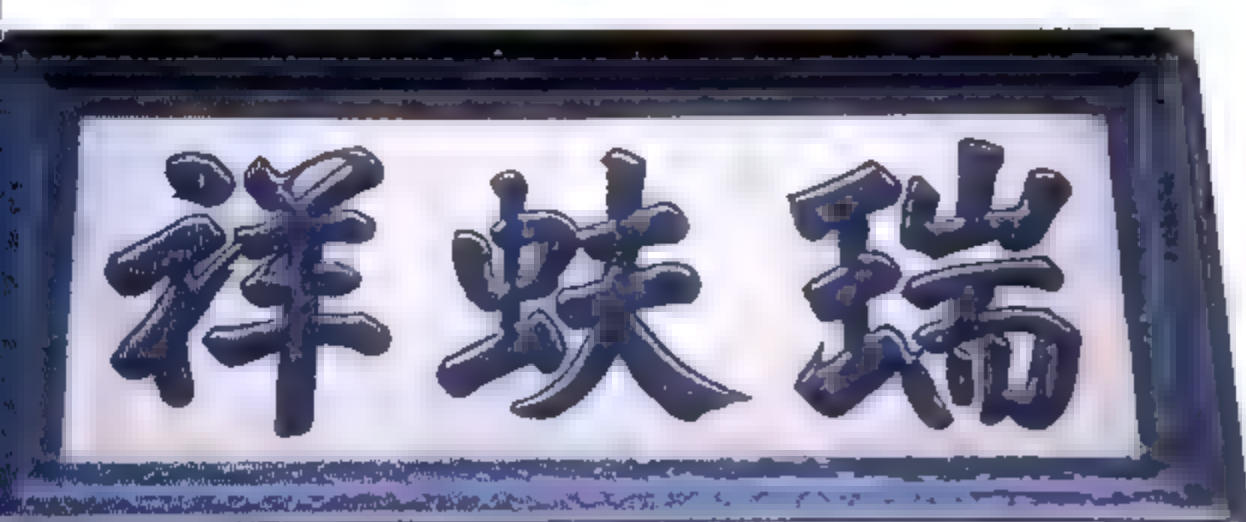
In ancient times, people paid so much attention to their shoes that there was a saying about them: The absence of a pair of decent shoes makes half your body look poor. Precisely because of this belief, there was no shortage of shoemakers among Beijing's shops. Xianyukou Lane, opposite



Dashilar, once had seven shoemakers operating 11 stores. Tianchengzhai, opened in 1842, started before Neiliansheng Shoe Shop. There was the saying that farmers and labourers bought their shoes at Tianchengzhai while high-ranking officials and jewellery shop dealers bought their shoes at Neiliansheng.

Zhao Ting, a skilful shoe and boot maker, put up 100,000 taels of silver, together with a general surnamed Ding, to establish Neiliansheng Shoe Shop in 1853.

The meaning of the shop's name implied that whoever wore Neiliansheng shoes would become connected with the inner imperial court and be



1. Cloth shoes from the Neiliansheng Shoe Shop (by Li Jiangshu)
2. Dashilar Lane is known far and wide for its century-old brand-name stores.
3. The old arch gate standing at the entrance to Dashilar Lane
4. Name boards of some old shops in Dashilar



continuously promoted.

Shoes that would help get a promotion of course would sell at good prices. According to historical documents, "a pair of Neiliansheng court boots, made with the best silk and satin reserved for the official shoemaker, was priced from three to 16 taels. The sizes of the shoes were not printed inside the shoes but were printed separately. The linings and soles were made of brand new cloth, setting an example for shoemaking in Beijing." The store kept a record of the sizes and individual requests of every noble who had ever bought their shoes. This saved the customer time when ordering again and allowed shoes to be made as gifts when officials stationed in other provinces wanted to





## The Real Century-Old Establishments

There seem to be numerous so-called "century-old establishments", but in fact there are not many that are exactly 100 years old. Since the Chinese people are often "flexible" with figures, anything, either close to a hundred years or over several hundred years, ends up being called a "century-old" establishment.

In terms of old places in Beijing, of course, there are some that are really 100 years old. Beijing Hotel, for example, set up in the spring of 1900, is one of them. Xiangtaiyi Food Shop outside Chongwenmen Gate is another store which celebrates its centenary this year. Zhangyiyuan Tea Shop on Dashilar Lane was also opened in 1900, but at first it used the name of Zhangyuyuan and changed to Zhangyiyuan in 1912.

You may wonder why there are so few stores in Beijing that are exactly a century old. The reason is that 1900 was a bad year. It was the time that the Eight-Power Allied Forces invaded Beijing, killing, looting and setting houses on fire in their wake. Even the emperor and empress fled the capital. Who would have dared to open a new shop in such times!

But two Frenchmen did open a pub in a three-bay house on Suzhou Lane, selling wine, pork steak and eggs. This was the predecessor of today's Beijing Hotel. The following year saw growth in the business and the pub moved to a new site at today's Wangfujing with a new name — Beijing Hotel. By the 1930s, the owners had changed several times and the hotel had become a seven-storey tall building. It may seem small these days, yet at the time it stood out like a crane among a flock of chickens. In early winter when all the rest of the buildings in Beijing were shrouded in mist, only the Beijing Hotel stood above it.

Xiangtaiyi Food Shop opened in Tianjin was also established to deal in foreign wine and canned food, serving the Eight-Power troops. Later the store moved to Beijing and served mostly the foreign missions.

Article by Shi Dong



Old Shops in Dashilar Lane

1. 瑞蚨祥布店 Ruifuxiang Silk & Cloth Shop
2. 大觀樓電影院 Daguanlou Cinema
3. 內聯升鞋店 Neiliansheng Shoe Shop
4. 同仁堂藥店 Tongrentang Pharmacy

大柵欄 Dashilar Lane

5. 張一元茶莊 Zhangyiyuan Tea Shop
6. 亨得利鐘表店 Hengdell Watch Shop
7. 步瀛齋鞋店 Buyingzhai Shoe Shop
8. 六必居醬園 Liubiju Pickle Shop

前門大街  
Dashilar Lane  
前門大街  
Dashilar Lane  
前門大街  
Dashilar Lane



please their supervisors in Beijing. After the 1911 Revolution which overthrew the Qing Dynasty, the official costume, including shoes, fell out of fashion. Neiliansheng switched to making shoes of cheaper materials for common people, which won great fame for their quality. Today, many people still prefer to go to Neiliansheng at 34 Dashilar to buy their shoes. While the older people prefer the store's comfortable and relatively inexpensive cloth shoes for their own use or as gifts, customers of the younger generation also look for their favourite stylish shoes there.

Translated by F. Huang

1. Tongrentang Pharmacy, founded on Dashilar Lane in 1669, served as the imperial pharmacy during the Qing Dynasty.
2. The old front gate of Ruifuxiang Silk & Cloth Shop
3. Neiliansheng Shoe Shop, founded in 1853, moved to Dashilar Lane in 1956.
4. Liubiju Pickle Shop, founded in 1530, sits on Liangshidian Street, not far from Dashilar. (by Xie Guanghui)



# Old Shanghai Street: Evoking Qing-Dynasty Memories

Article by Liu Jing

Few visitors leave Shanghai without a visit to the City God's Temple. They may go there to see the former site of the Small Sword Society Uprising, take a stroll in the Yuyuan Garden, nurse a cup of tea in the mid-lake teahouse and get a taste of the five-fragrance broad beans. Now there is one more attraction to consider: Old Shanghai Street at Fangbang Road Central in the neighbourhood of the temple.

## Buy and Weave in the Same Shop

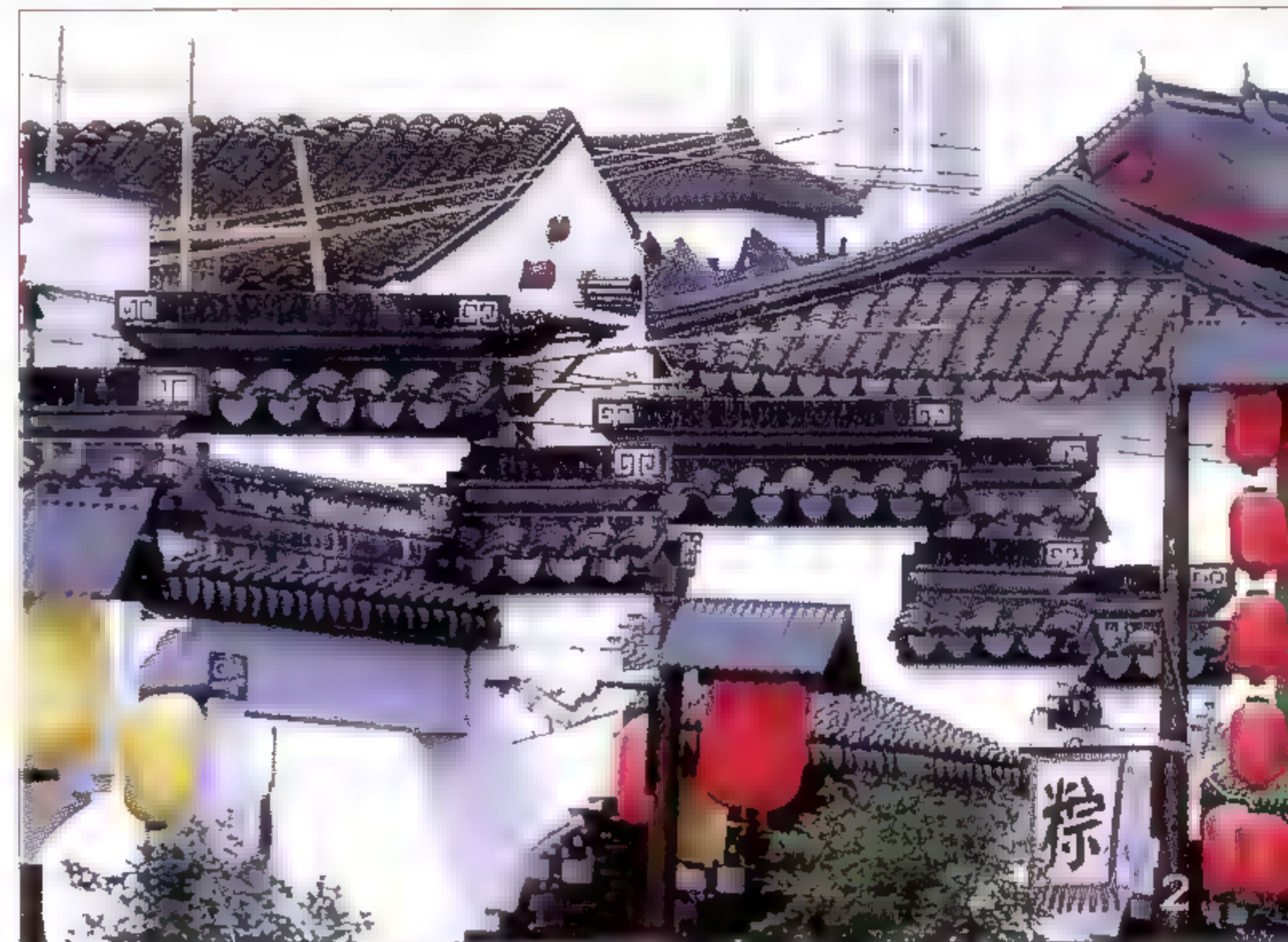
Old Shanghai Street starts from Renmin Road and ends at Henan Road South. The eastern section is lined with dwellings built in the late Qing Dynasty and the early years of the Republic, characterised by latticed windows, retractable door panels and balustrades. The buildings on the western section are mostly Ming and Qing architectural styles, which feature grey tiles, whitewashed walls, vermilion pillars and flying eaves.

Shops already there 100 years ago remain largely intact. These include the Hanchuntang Traditional Chinese Pharmacy, Wuliangcai Glasses Shop, Wanyouquan Preserved Meat Shop, and Laotongsheng Store. A series of new shops selling folk products has also been established there. One of them, Lady Ding's Homespun Shop (Lady Ding was a famous Yuan-dynasty weaver), offers a display of traditional Chinese costumes and the homespun cloth they are made with. You may learn to weave on the shop's loom using a method that was popular over 100 years ago.

## Bathing and Drinking in a Teahouse

The type of boiler still in service in the Chunfeng Deyi Teahouse has long become a rarity in Shanghai. Patrons above 50 return there to seek out fond memories of their younger years when, after a day of backbreaking work, the first place they would go to was this teahouse for a bath and a rest around the coal-burning boiler while nursing a cup of tea. Home came to mind only when they had fully recovered from their fatigue.

Xishi's Bean Curd Shop is a reminder of a beautiful legend about Prime Minister Fan Li, who, after he helped the State of Yue eliminate the State of Wu, returned to Wuxi with his wife, a stunning beauty named Xishi. They settled in the Liyuan Garden and made a living selling bean curd products. On sale in this shop are a variety of bean curd dishes as well as bean curd dessert, soybean milk, and various types of dried bean curd.



## Restaurant Features Emperor's Favourite Noodles

Anyone who has read Lu Xun's short story *Kong Yiji* would find the Shen Yonghe Restaurant a familiar place. The waiters, wearing felt hats and aprons, will tell you how to drink Shaoxing rice wine. In winter, the brew must be heated to 45°C to be mellow enough; in summer, it should first be refrigerated, and ice and preserved plums must be added to make it taste cool and refreshing.

The Aozao Restaurant of Kunshan was the site of a tale of an Qing emperor. When Emperor Qianlong







arrived at Kunshan during a southern China tour, his entourage offered him a bowl of noodles to stem his hunger. The emperor was so impressed that he wanted to learn how it was prepared. "The secret lies in the stove," his entourage told him. The emperor, delighted, named the noodles Aozao (Mysterious Stove) Noodles.

Antique lovers may visit the Xiling Seals Studio, Ma Family Curio Shop and Shanghai Old Bookstore, where there are some very pleasant surprises.

### Renewing Dreams of Old Shanghai

After Old Shanghai Street was renovated, many old-timers returned to seek out traces of their childhood dreams. A stroll down this street invariably fills them with

mixed feelings. They are delighted to return to a street that is intimately familiar and lively: walls whitewashed and topped with grey tiles, "pot-bellied" back alleys in the shape of a slender olive, folks speaking the

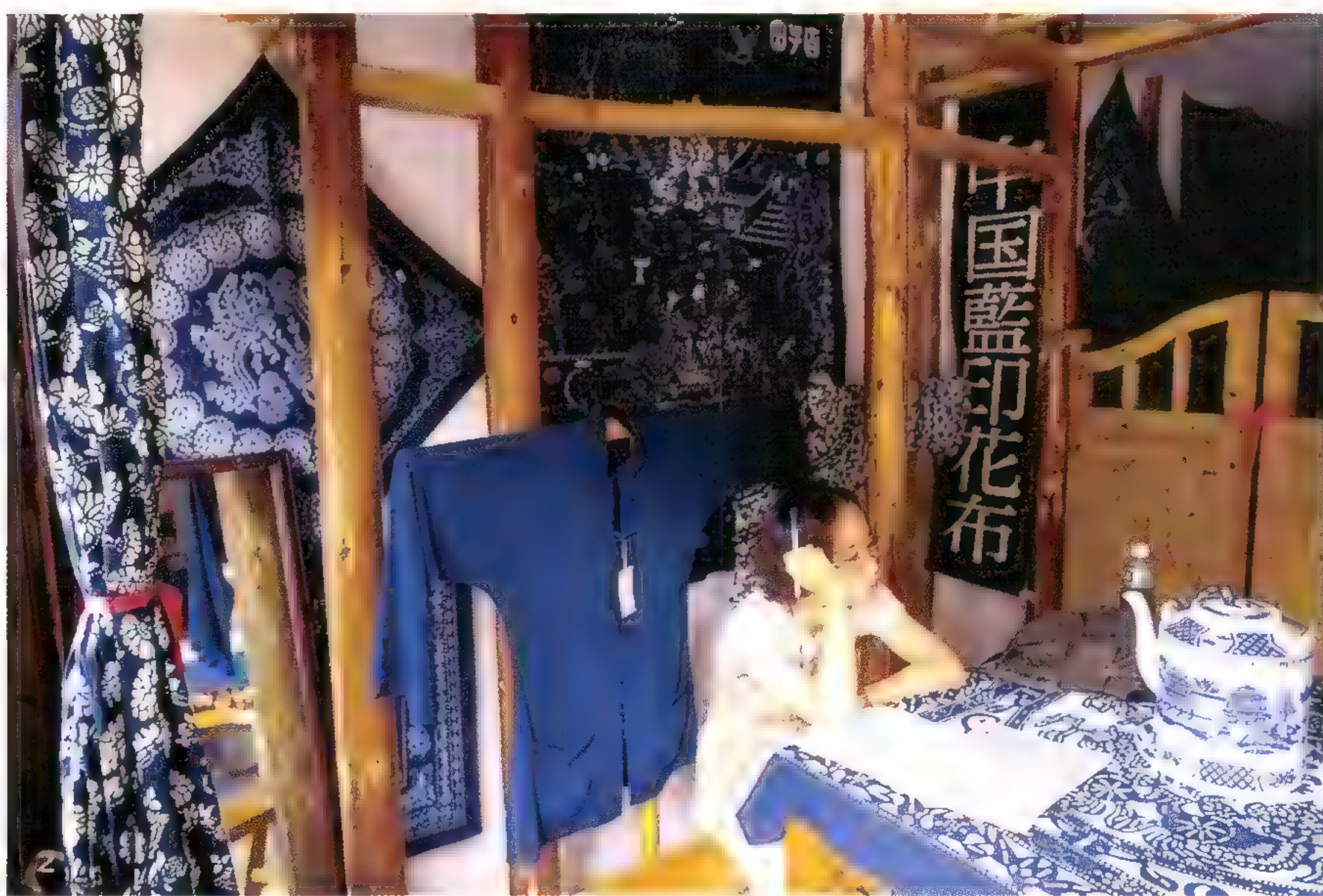



1. Calendars with pictures of beautiful young women were typical of the old culture of Shanghai.
2. Dwellings lining the eastern section retain the style of the late Qing and early Republican years.
3. Deshengtang, an old store specialising in Chinese-style ancient furniture
4. While 100-year-old shops are kept intact, traditional-style new stores have sprung up on the Old Shanghai Street.









dialect of nearby Ningbo City in Zhejiang Province and vendors hawking jasmine and cape jasmine flowers. But one thing they would find missing on this street — the pebbles. Long ago they may have walked barefoot along this pebble-paved road, enjoying the coolness of the pebbles, until water seeped away through the seams. The street always resounded with the noise of wooden clogs. They may now wonder if the road of their childhood only exists in paintings or advertisements. 

#### How to Get There:

Old Shanghai Street is close to the Bund and Nanjing Road, and can be reached by buses No. 11, 16 and 66. Get off at the Yuyuan Garden bus stop.

1. Old Shanghai Street, adjacent to the City God's Temple
2. Blueprinted homespun cloth is the orthodox product of Lady Ding's Homespun Shop.
3. An evening scene of the thriving Old Shanghai Street, where the teahouse is the most crowded
4. A favourite with the patrons, the noodles of the Aozao Restaurant of Kunshan were named by Emperor Qianlong on his southern China tour.
5. The old-style street, sits in striking contrast with the Jinmao Tower in the distance.



# Huqingyutang: 100 Years of Selling Medicine

Photos & article by Wu Shan

In a small lane at the foot of Wushan Hill in Hangzhou, capital of Zhejiang Province, there is a group of late Qing-dynasty buildings. On its whitewashed walls are the black characters — Hu Qing Yu Tang Zhi Yao Chang — each over two metres high, announcing East China's famous pharmacy.

Huqingyutang Pharmacy was built in 1878 by Hu Xueyan, an official merchant in the Qing Dynasty (1644-1911). The compound, uniquely designed and exquisitely constructed, occupy an area of half a hectare. Beyond its magnificent and solemn front gate, you arrive at a courtyard. Down a long and winding covered corridor, with flowering trees on one side and huge black wooden boards with golden characters describing medicines on the other, you come to a typical East China garden with a pond and artificial hill. Past a brick archway stating "pharmacy", there are two shaded long benches, where customers can sit and chat.

Sounds of preparing medicine can be heard in the courtyard, and scents of wild chrysanthemum and liquorice filled in the air. In the main hall, there are three groups of carved wooden figurines of the Three Kingdoms period (220-280), complementing the phoenix and lion patterns on the beams. Calligraphy adorns four thick hardwood pillars, said to be remnants of

building materials for Beijing's Summer Palace.

## The Pharmacy Code of Practice

Huqingyutang was also famous for its unique and strict management. Beside a horizontal board stating "Cheating is Forbidden", there is a detailed code of practice set 100 years ago by Hu Xueyan which reads: "Cheating is forbidden in any trade. Since medicine relates directly to people's lives, cheating is strictly forbidden. I am determined to help people, so I vow not to gain huge profits by using low-quality medicines. I hope everybody understands this and collects genuine medicines and prepares them with great care. Such acts will preclude cheating and benefit people. Everybody's good deeds are the ones that I cherish, and also the ones that they themselves will cherish as well." This has remained the motto of the pharmacy.

Above the business hall is the Museum of Traditional Chinese Herbal Medicine, in which

unearthed medicines are displayed, including the ancient primitive medicine of the Hemudu Culture in

the New Stone Age and the herbal medicine of the Shang Dynasty (16th-11th century B.C.) found in Henan Province. Also on display are medicinal works like Shen Nong's *Materia Medica*, the first medicinal records in China, and *Ways of Healthcare* unearthed in the Han-dynasty tomb at Mawangdui in Changsha, Hunan Province. The museum also introduces famous medical doctors and herbalists such as Shen Nong, Bian Que, Hua Tuo, Ge Hong and Li Shizhen. The museum's main part is about the 100-year history of Huqingyutang.

## The Merchant's Business Style

Hu Xueyan's good business practices remain relevant today. Rather than collect medicinal herbs through middlemen, he set up agencies in various localities. They collected donkey's hide in Shandong and Hebei; yams and cattle bones from Henan; angelica, *Codonopsis pilosula*, astragalus roots and *Cordyceps sinensis* from Shaanxi, Gansu and Qinghai; musk, fritillary bulb and gastrodia

tuber from Yunnan, Guizhou and Sichuan; and ginseng and pilose antler from Northeast China. Not only did this save money, but it also ensured the quality. Through loans to the farmers, the pharmacy established good relationships and received quality medicines.







The code of preparing medicine with great care had strict rules. Before preparing the Piwendan, a medicine for fever prevention, workers ate only vegetarian food and had to take a bath. When making Zixuedan, they used a gold spatula and silver wok to guarantee the purity of the pills. A

1. Huqingyutang, built in 1878
2. A worker at Huqingyutang demonstrates the making of medicine.
3. Patients awaiting treatment
4. Huqingyutang is famous for its unique management style and strict regulations.





special workshop was set up to make donkey-hide gelatine, sealed with golden stamps, which had a 100-year guarantee.

Hu Xueyan was not only good at management but also knew customer psychology. Before making the Deer Pill, for instance, the deer was colourfully decorated and carried to the street for its slaughter in front of the customers. In the pharmacy, an incense burner stood ready to destroy ineffective medicines turned back by doctors or patients. This incense burner, used to win people's trust, still sits in the museum.

#### Pills as Thin as a Fly's Wing

In the museum, there is a special corner — Workshop of Traditional Chinese Herbal Medicine, where skilled workers demonstrate for visitors. Medicinal powder



and water are put into a large flat bamboo basket and swung around to make small pills. They come out all the same size, as if made by machine. They also show how wax wrappers are made into perfect semi-spherical shapes from melted wax in the

workers' skilful hands.

To enhance their effect, many medicinal herbs are cut into slices as thin as the wing of a fly. With the worker's swift hand movements, piles of thin slices of the medicine float like snowflakes into a bamboo basket.



#### Medicinal Food from the Palace

Opposite Huqingyutang is a medicinal food restaurant housed in a two-storey painted wooden structure. Many people think that medicinal food is bitter and hard to swallow. This is not always true. Besides having a medicinal effect, the dishes cooked here also taste delicious.

Medicinal foods were actually derived from the imperial palace. The emperor wanted longevity, but was afraid of the bitterness of the medicine. So the imperial doctors and the cooks worked together to invent these medicinal dishes and give them appealing names like Healthy Attraction, Pearl and White Jade, Dragon under Moonlight and Thousand-Year Evergreen. I tried them in this restaurant, and when my orders arrived, they appeared in attractive colours and with wonderful flavour.

Translated by M.Q.







1. Many people think medicinal food is bitter, when in fact it is effective but without any medicinal taste.
2. Tasty medicinal foods were devised by the imperial doctors and cooks to help the emperor live longer.
3. "Cheating is Forbidden" is the motto of Huqingyutang.
4. The life-like carved wooden figurines in Huqingyutang
5. The archway leading into the business hall of Huqingyutang



# Old Photos of Kunming: Early Scenes of the Century

Photos & article by Li Zhixiong

## Editor's Note:

One day in April last year, I had a talk with Mr. Yin Xiaojun, copyright holder of the book *Last Photos of Kunming in the Late Qing Dynasty*, containing photos taken by Auguste Francis, consul-general of France to Yunnan in the early 20th century. He liked our idea of comparing the locations in the old photos with the present ones, and kindly allowed us to use some of them. We are indebted to Mr. Yin and hope that he will explore more historical heritages with his unique insight.

## The White Pagoda

The old picture shows Kunming's White Pagoda Street 100 years ago. It was a busy market street then and the White Pagoda was its symbol sitting on the corner of Tuodong Road and White Pagoda Street. Around the pagoda, pedestrians and wheels trampled the grass, wild flowers and dandelions that grew out of crevices on the rough and uneven flagstone road. Shops and

residences lined both sides of the street, while dogs and chickens wandered around. Peddlers sold fried dough and other snacks under big paper sunshades propped up in front of the houses. Today's White Pagoda Street is completely different with many new modern buildings, though retaining no more than its original name.

## The Bowl Mender

It was a common scene in Kunming 100 years ago that the bowl mender drilled holes in the broken bowl and put the pieces together with iron staples and some glue. This way of mending porcelain utensils lasted for many years, and it helped poor families who could not afford new ones. Now only people over 50 years of age would still remember this trade or have had this experience. As time moves on, the repair business is still going on, but only shoe

menders and locksmiths are seen in the street. Bowl menders have long disappeared.

## Past and Present of Tuodong Road

Looking at these two photos, you can see clearly the difference between the Tuodong Road of 100 years ago and the present one. In the old photo, pedestrians and animals with heavy loads were moving along on the heated flagstone road towards the market street in the city. On both sides of the road were houses and temples in neat rows.

This photo reflecting the normal look of the city back then is precious because it is an entirely different picture today.

## Archways with Overlapping Shadows

Mr. Wang, who lives in Dongsì Street, is a native of Kunming who has watched his city change. Though he left the city to work elsewhere in his early years, he always returned to his childhood home. He believed that despite the conditions there,





## A Frenchman's Random Thoughts About China at the Beginning of the Century

(Excerpts from Auguste Francis' Diary on May 28, 1904)

"I have been to China five times at different periods, and have lived there for a total of 11 years, endlessly enjoying fascinating experiences in China."

"I am surprised to see that the nation has been kept complete since ancient times. The principle and doctrine of the extraordinary phenomena prove to be an eternal truth. In 1850, guns shook the ancient structure of the nation and the vibrations from the locomotives made it collapse."

"The place I went was the farthest under the control of imperialists. The officials and old people I met were rejecting the trend, rejecting things from us. The turmoil of 1900 had almost crushed us."

"If only from an economic angle, this old world will be replaced, exactly like the situation in our province. To replace the system of the 19th century with that of the 20th century, one can directly jump to the sleeping compartment of the train without having to pass the stage of the horse cart, or even substitute an oil lamp with an electric bulb. Then from the political angle, what kind of reform is needed to turn the monarchism and father-and-son government into a system of national congress?"

"How will the brains nurtured by Confucius, for some eternal purposes and guided by the traditions of thousands of years and non-real religion, absorb the thoughts of democracy and anarchism? What will China be? Will it be separated? Will it form a great threat to Europe? Will it be the yellow peril? I am cautious, but do not want to make a guess. I have lived in China and know it, though I once regarded it an unreal world."



4

Kunming was the best place for him.

Nowadays, Wang often does his exercises by the newly rebuilt Jinma and Biji (Golden Horse and Green Cock)

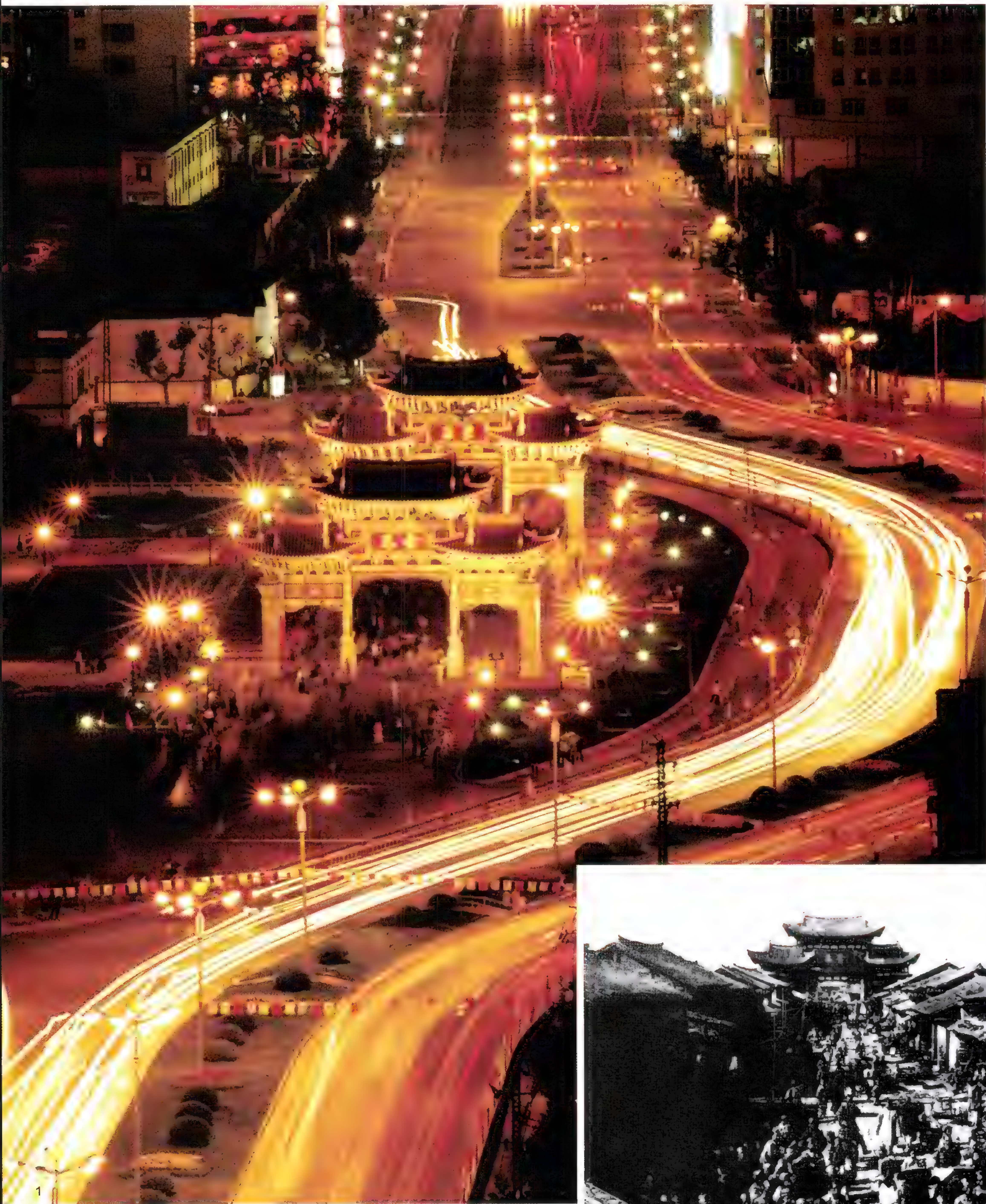
Archways and rests in the garden in Sanshi Street. As the sunshine faded and the lights came on, Mr. Wang told me the story of Kunming.

In 1928, Kunming formally became a city. At that time it only had an area of seven to eight square kilometres, with its boundary as Yuantong Hill in the north, 70 metres west of Panlong River in the east, and Cuihu Lake at Xiaoximen Gate in the west. The Jade Belt River served as a city moat in the southwest and three bridges spanned it. The busiest market was at today's Sanshi Street. The Archway of Loyalty and Love was believed to have been first built at the end of the Yuan Dynasty (1271-1368); the Golden Horse and Green Cock Archways were built in the



1. Contrast between the old and new White Pagoda Street
2. Bowl menders like this one shown in the picture have long disappeared.
3. Tuodong Road: past and present
4. A photo of Auguste Francis with the local administrator







following Ming Dynasty. These three archways each occupied a corner of a triangle. The Archway of Loyalty and Love was built to commemorate Yuan-dynasty Prince Xianyang and Pingzhang Administer Sai Dianchi for their deeds of "loyalty to the emperor and loving the people". It was destroyed twice in big fires. Wang remembers seeing the red northern sky of a big fire in 1914 that burned down the archway and nearby shops.

The Golden Horse and Green Cock Archways were unique because their shadows overlapped once every 60 years. It was first noticed at autumn equinox in the early 1800s. On that clear day, a crowd gathered at Sanshi Street as the sun was setting and the moon rising. The sun shone on the Archway of the Green Cock and the moonlight was cast on the Archway of the Golden Horse; their shadows gradually got closer and closer, and overlapped. These archways were destroyed twice during wars, and were rebuilt in 1884. Probably because the new ones were not the same



present-day photo are professional singers and dancers serving in the tourist area.

Translated by M.Q.



height nor in their original positions, on the autumn equinox in 1897, just as the shadows were about to overlap, daylight faded completely.

The archways were destroyed again in the 1950s. No one knows whether the shadows of the current ones will overlap again, but Wang hopes he has another chance to see it.

### The First Photo of the Yi Ethnic Group

During his stay in Yunnan, Auguste Francis, French consul-general to Yunnan, visited many places in the province and took many photos of ethnic groups. This photo was taken at Chuxiong in 1900. Though 100 years have passed, the costumes worn by these Yi girls in the photo can still be seen today. This is believed to be the first photo of the Yi ethnic group ever taken in China.

Now the Yi people living near the Stone Forest at Lunan in Kunming's suburbs are called Sani, a branch of the Yi ethnic group. The young people in the

1. The newly rebuilt Golden Horse and Green Cock Archways (by Zhao Ding)
2. The two archways in the past
3. Actors and actresses of the Yi ethnic group at the Stone Forest (by Shi Baoxiu)
4. This is believed to be the first photo ever taken of the Yi people.

### The Story of Auguste Francis

Auguste Francis was the consul-general of France to Yunnan and the general representative of the Railway Committee of France in Yunnan. This French diplomat was also a fan of photography. He went to Kunming with a newly-made box camera with ground glass as film and took many photos in his spare time. He died in 1935.

One day in 1985, Auguste Francis' descendants found his diary and many photos that he had taken in a wisteria box in the basement of a farm in Versailles, France.

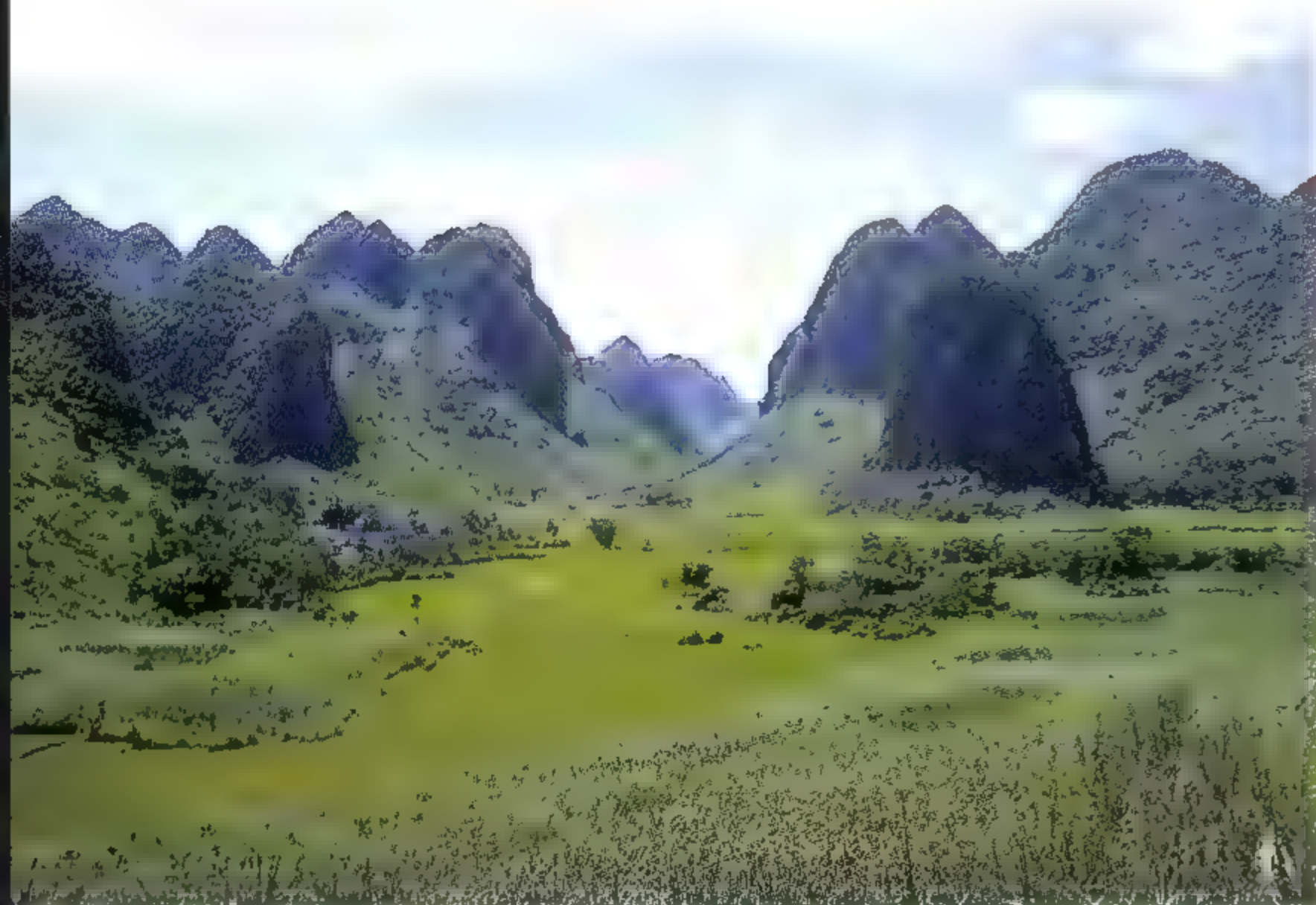
In April 1997, Yin Xiaojun and Luo Qingchang from Kunming bought back these 100-year-old old photos and exhibited them in Kunming, Beijing and Chengdu. A book and a photographic album entitled *Last Photos of Kunming in the Late Qing Dynasty* were later published.

Article by Shi Dong



# Bama: Town of 100-Year-Old People

Photos & article by Li Zhixiong



On a bus from Tianyang County to Bama county town, I dozed off and when I awoke the landscape outside was mountains and strange peaks covered with green trees. Jiazhuan Township is just 19 kilometres northwest of the county town and it only takes about half an hour more to get there by bus. Numerous famous limestone caves make the landscape here fascinating, and give the area the name of Lesser Guilin.

Thoughts of my destination brought typical pictures of old people to my mind, but it turned out that none of them would be true in Bama County.

## A Family of Six Generations

In Ping'an Village of Jiazhuan Township, I met Huang Maneng, a 103-year-old woman, and the first on my list of old people to visit. The old lady of Zhuang ethnic group was sitting in front of her home enjoying

the coolness, with her one-year-old great-great-great-granddaughter. The woman appeared quite healthy, with clear eyesight and sharp hearing. She had a good appetite and climbed the staircase nimbly, seeming 20 or 30 years younger.

Huang Maneng was born into one of Ping'an Village's big families, which now has over 100 members. Most of the family members were farmers in the village.

The woman said that her family is the only one with six generations in the village. Her eldest daughter-in-law is 79, her eldest granddaughter 60, her eldest great-

granddaughter 38, her eldest great-great-granddaughter 20, and

the one in her arms is her eldest great-great-great-granddaughter. They all live in the same village. I wanted to take a photo of the big family, but most of them were out in this busy farming season. The old woman was able, however, to immediately call a dozen of the women together.

When I bade goodbye, half an hour had already passed, the limit for interviews set by the local Old People's Association. I told the woman to take care of herself, and if sick, to see the doctor. But she said with a smile, "Why take medicine? Two more bowls of maize gruel will do."

I also met a 103-year-old man called Huang Buxin from Bapantun Village. He was on the hill cutting some thin tree branches for weaving small baskets. The old man was very strong, walking on the hill as if he was on flat land.

## The Old Man Who Has Had Three Coffins

Bapantun Village is quite famous for its people living a long life. Huang Buxin, though 104, is still very strong and does things earnestly. When not occupied with daily tasks, he often hammers rocks into pieces for exercise. He also grows vegetables, raises chickens, washes clothes and cooks his own food.

Mr. Huang made a coffin for himself at the age of 61, but the coffin rotted when he was 80 years





old in 1978. He cut it into firewood and made another. Seventeen years later the second coffin became rotten, but Mr. Huang was still healthy. In 1996, his family used good local fir timber to make him a third one, but the old man is still going strong. His family paints the coffin every year to keep it from getting rotten.

The old woman I met in Bapantun Village was Huang Majing, a 101-year-old Zhuang woman. Very beautiful when she was young — and still graceful now — Mrs. Huang was also a good singer, and well-known in the area. When she sang young men would be quickly attracted. She looks after the children and does housework

at home. While her eldest son has difficulty walking at the age of 82, she is still able to embroider and weave cloth.

Huang Majing has a big family of five generations. All members of the first



### Hundred Islands Lake: Unique Fishing Methods

The lake is also known as Cifu (Blessing) Lake. For the Bama people, this is a lake that has in fact brought them eternal blessings.

The lake lies about eight kilometres east of Bama county town. It starts from the big bridge at Sanjiangkou in the northwest and ends in the southeast three kilometres from Pogui Village, extending many kilometres and averaging 400 metres wide.

Fishing here is an interesting experience. You need no hooks, only cotton thread to make a line. You put a sinker and an earthworm on the end of the line and drop it into the water. One man can handle two lines at one time. The fish bites the earthworm and will not let go until the fisherman pulls the fish ashore. Only then does the fish open its mouth as if awakening from a dream — of course it is too late. In the spring, many people from the county town come to fish at the lake on weekends. Everyone holds two lines and catches at least three to five kilograms of fish a day.

At night, fishermen hang a big electric bulb 10 to 15 centimetres above the water where they have laid their nets. The light attracts the insects, which fall into the water after being burned on the bulb. The fish come to eat the insects. More dead insects bring more fish. The fishermen wait patiently until enough fish gather, then they pull up the net.

A fisherman here once caught 250 kilograms of fish in one net. It was so heavy that he had to call his friends to come and help. He also caught a 16-kilogram fish which was too big to be pulled out of the net, and he had to cut his net to get it out.

1. Bama lies in a subtropical area of karst formation with densely-covered cylindrical hills and moist air.
2. Huang Maluan is the oldest in Bama County and, at 111 years of age, she still does simple housework.
3. Panyang River with clear and unpolluted water has beautiful scenery along its banks.
4. The 101-year-old Huang Majing can do not only light farm work, but also embroidery.
5. Bama County is far from modern city lives and keeps its natural look.

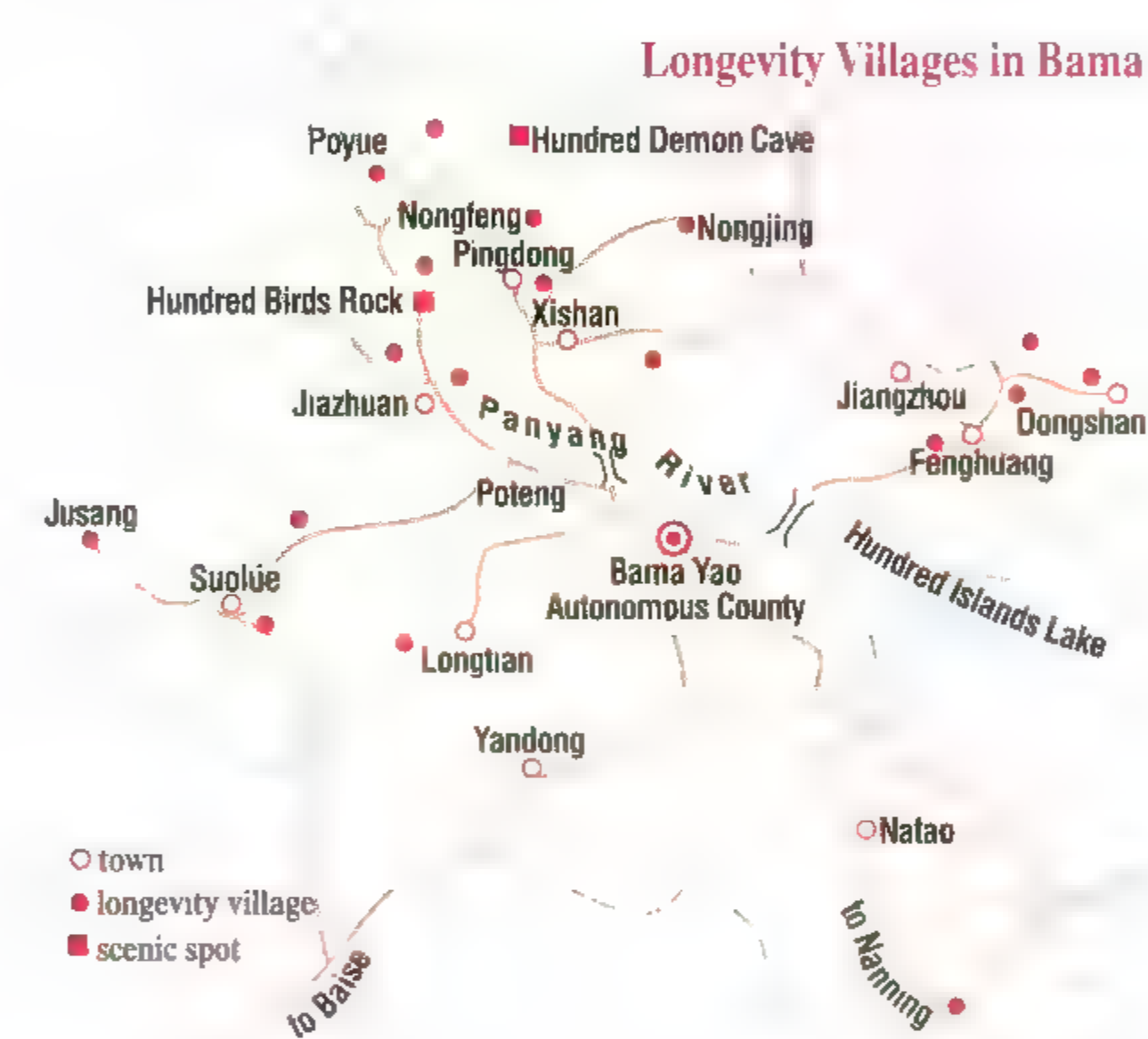




generation are over 90 years of age. The third and fourth generations are well-educated, so they are known as a family of scholars.

### The Oldest Person in the County

Huang Maluan from Fafu Village in Bama Town is now 111 years old, the oldest in Bama County. She has a clear memory, walks sprightly and does simple housework. When somebody mentions the story about her coffins being taken by others five times, she can give a clear account of how it



happened. Once an old man in the village died suddenly and had no coffin prepared. The family came to "borrow" hers. Later others followed suit. The family of anyone in the village who died without coffin would ask to use hers. The one that was returned each time was always a better one, but the old lady is still not close to needing it. "Since January 1 this year, I am a woman of three centuries," she said, being so precise about the days.

### Impossible to Judge by Looks

A local senior researcher of longevity studies told me an interesting story about a 117-year-old man called Wei Buxin (who has since died) in Nongjing Village of



Xishan Township. When he arrived at the home of this star of longevity, the researcher met two old men. The one looking older was lying on the bed, the other was weaving something beside him. The researcher said to the man in bed: "Grandpa, I have come to see you. How are you?" The man replied, "You should not call me grandpa, though I am 89. I can only be called uncle in this family since my father is still alive." The man who was weaving and looked younger was actually the 117-year-old Wei Buxin.



### Secrets of Longevity

The secrets of a long life are in fact very simple: maize gruel, beans, potatoes, fruit and vegetables, natural water, and work.

The staple food in Bama is maize, which is mainly used for cooking gruel, and is recommended by traditional Chinese medicine. Fresh maize has a lot of fibre, which is anti-cancerous and good for treating intestinal diseases. A special tradition here is to treat guests not with tea, but with gruel, and I had firsthand experience of this during my trip. The second food is beans, including soybeans, peas, mung beans, cat's beans, and several other kinds of beans that all appear to be nutritious. The third food is sweet potatoes, which can prevent arteriosclerosis and obesity. The fourth is fruit and vegetables, which provide vitamins and carotene and help balance the body's internal system. The fifth is more vegetable oil and less animal fat. A local villager consumes about

15 kilograms of vegetable oil every year.

The sixth is natural water such as spring water from Bama Cifu Lake which contains abundant microelements, rainwater in the stony hill area, and unpolluted stream water in the hills. They all aid the heart and blood vessel diseases.

Lastly, since life depends on movement, working is an essential part of the secret of longevity in Bama. The local people, who work in the open air daily from morning till night, often climbing hills and carrying loads, all have strong muscles and good health.

Translated by M. Q.





## Tips for the Traveller

### Transport:

Nanning — Bama: 290 kilometres;  
express bus fare: 30 yuan.

Minibuses are available for  
travelling in Bama County:

To Jiazhuan: 19 kilometres;  
fare: 3 yuan.

To Hundred Demon Cave: 30  
kilometres; fare: 5 yuan.

To Xishan: 30 kilometres; fare:  
3 yuan.

To Hundred Islands Lake: 9  
kilometres; fare: 1 yuan.

To Fenghuang: 27 kilometres;  
fare: 3 yuan.

### Food and Accommodation:

County Guesthouse:

Standard room: 150 yuan;

Bed rate: 5-40 yuan.

The guesthouse has a dining  
hall, and restaurants on the  
street offer food at  
reasonable prices.

1. The 103-year-old Huang Buxin often climbs up the hill to gather hay.
2. The 104-year-old Huang Buhan had to prepared a third coffin made after the first two rotted away.
3. The 103-year-old Huang Maneng has a family of six generations with around 100 members.
4. A couple from Shanghai has moved to Bama, hoping to live up to 100.





# Qingyan: An Old Town Sees the Century Change

Photos & article by Zhu Lin

**Q**ingyan, one of the four great ancient towns in Guizhou Province, sits on the State Highway No. 213, 29 kilometres south of the capital Guiyang.

The town, first built in 1378 of the Ming Dynasty, has walls that divide it into an inner and outer town. The walls were made with huge square stone blocks, with watch-towers, parapets and emplacements. The magnificent Dingguang Gate Tower complements the flagstone paths and archways.

## Home to Famous People and Scholars

Almost the whole of Qingyan was constructed with stone slabs, including the houses, walls, lanes, streets and ditches. The flagstone lanes criss-cross this large town like a maze. Along them are many courtyard gates in various styles, with typical Guizhou-style New Year Pictures pasted on them. Behind these closed gates, each household has a world of its own; the only message from inside is the branches of red apricots extending out over the courtyard walls. The grey-tiled wooden houses behind the gates were home to many famous people who came to escape the wars. During the War of Resistance Against Japan, the parents of Zhou Enlai, his wife Deng Yingchao and Li Kenong lived in the town for a few years.

Qingyan people are proud of the town's great men. Zhao Yijiong was Guizhou's first *zhuangyuan* — the top one in the imperial examination — and

now the town has renovated his residence as a cultural relic. Scholars of Qingyan left along the town's small flagstone paths and went to Guiyang and Beijing to study and acquire official status. Their achievements have become the symbol and pride of Qingyan. These flagstone paths have connected the town with the outside world.

## Western Missionaries Came into Town

These small flagstone paths also brought foreign cultures and religions into this town. At the beginning of the century, devoted Western missionaries travelled a long distance to come to this mountainous town. The first were the French missionaries, who built a church, set up parishes and preached

Catholicism among the villagers.

While walking through the streets one day marvelling at such a situation, I envisaged what the town would have been like 100 years ago. Perhaps at first the Qingyan people would have been surprised to see several foreigners enter the town with the local officials. They might have been curious about the construction of the church and listened to the priests preaching Catholicism in the streets. I imagine people gradually took to the religion and started practices like baptising their new-born babies in the church.

Many years later, more foreigners came and built a Protestant church. The young ministers would have enticed the townspeople to join their church in the same way, perhaps with some additional incentives like the pipe organ music. In this way, these religions played their part in making Qingyan an unusual town.

## Four Religions Co-Exist in One Town

All the while foreign religions were establishing themselves in Qingyan, many people continued their devoted worshipping in the town's Buddhist and Taoist temples. They came regularly to burn incense and say prayers to the gods.

The newly renovated Buddhist temple in Qingyan, though small, is well laid out. Its halls are filled with the scent of fragrant incense. The bells struck each morning, and drums each evening render people with a feeling of reverence. A statue of the smiling







Maitreya sits in the main hall and a gilt statue of the God of Safeguarding the Law stands before the back wall which used to be adorned by his painted image. Some lay Buddhists wandered around while worshippers put money into the donation box, and a monk murmured "Amitabha" and struck the bell each time a donation was received.

Close by is the Protestant church. Believers were listening to the sermon, and at their feet were baskets of vegetables for sale and clothes they had just bought. On the pulpit a grey-haired old man was reading from the Bible. It was the

1. A winding flagstone road connects the town with the outside world.
2. Women going to the market
3. The descending stone lions are unique carvings of Qingyan.
4. Marriage photography outdoors has added modern vitality to the old town.





cross behind the pulpit, apparently left by foreign missionaries, that really caught my attention.

Many families in Qingyan hang the image of Jesus Christ in the main room of their homes. The host of the family I visited told me many stories about Christianity there. He said that their churches were closed down during the "cultural revolution", and people were pushed away from all religions. After China adopted the reform and opening-up policy, freedom of religious belief was restored. When asked about the relationship among Catholicism, Protestantism, Buddhism and Taoism, the man smiled and pointed to the flagstone street, saying that all religions exist on the same street with mutual respect and each conducts its own services.

### Festive Excitement

The townspeople all cherish festivals. Before the Spring Festival, the residents put up new couplets on their doors. Home-made preserved ham and sausages hung under the eaves, and the aroma of cooked meat filled the streets.

A man carrying a popcorn machine arrived just before the festival. He set up his "shop" at one of the gates inside the town wall, which was obviously an entry and exit point. Quickly, a long queue formed in front of his machine, and excited children were



soon munching on the freshly popped corn. The street was filled with thrilled children and parents.

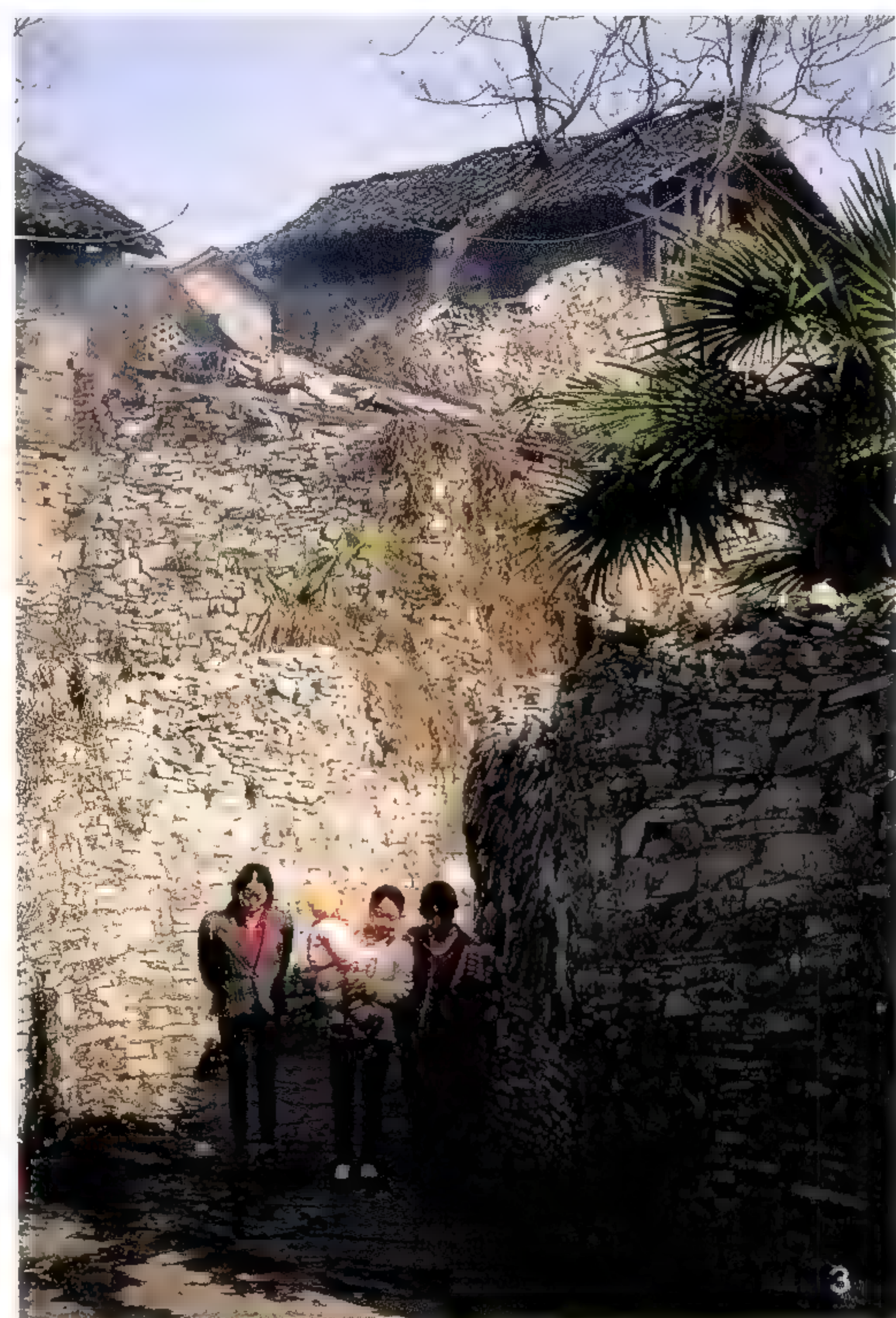
On the market day, the animal market was the most interesting place. I watched an old man examining a cow's teeth. When he decided to buy it, he bargained with the seller in the traditional way — finger bargaining within the wide sleeves. After they agreed on the price, the seller seemed reluctant to leave his animal, patting it while murmuring something to himself.

Historically, Qingyan was an important thoroughfare from Guizhou to Guangxi, so people here mostly engaged in business. Many of the old houses used to be shops, and some still maintain their wooden counters inside the entrance. When recalling their past business life, the older people talked with quiet satisfaction.

### The Old Town Becomes Modern

Archways are the symbol of Qingyan. There used to be eight stone archways in the town but

only three remain now. The archways of 100-Year-Old Zhao Caizhang outside the northern gate, Lady Liu's Virtue and Filial Piety outside Dingguang Gate and 100-Year-Old Zhao Lilun all have four pillars and three arches, and stand 9.5 metres high and 9 metres wide. The top crossbeams have carvings of two legendary turtles swallowing shellfish and two turtles with a longevity character on their backs. Each pillar is guarded by small carved pillars in the shape of a drum or lion. The central lower crossbeam is carved with relief patterns of two dragons fighting for a pearl, and five dragons. In between the emperor's edict has been inscribed. The archways are still solemn and magnificent. Today, the young women passing under the archway of virtue are quite different to their ancestors, and probably have no idea what women had to sacrifice to have such an archway







constructed in their name.

Tourism has brought new vitality to the old town. Karaoke pop songs resound off the town walls. The wedding photography around the town has added a modern flavour to the traditional life.

At dusk, I sat in an outdoor teahouse on the town wall and ordered a cup of local tea. While sipping the scented tea, I reflected on the unique leisurely lifestyle in Qingyan. Through one of the battlements, I saw a flagstone path winding through vegetable gardens towards the horizon. On this road kids were herding cows out of the town and women were carrying loads into the town. Under the setting sun, the history of Qingyan seemed to flow out from all the old buildings and temples and churches.

*Translated by M.Q.*



1. A Taoist temple in Qingyan
2. After 100 years, the bell still chimes in the Catholic church.
3. The streets, walls and houses in the old town are all built with stone.
4. This Archway of 100-Year-Old Zhao Lilun is one of Qingyan's three remaining archways.
5. At Christmas, followers attend the service in the Protestant church.



# Manzhouli: 100-Year-Old Border City

Photos & article by Dai Xu



builders, merchants and soldiers. In 1901, the railway terminus on Chinese territory was completed and known as the Manchu Station. In 1904, when the Russo-Japanese War broke out, the Russian military used the railway to ship weapons, grain and medical equipment into Manzhouli. Since then, the city has remained the largest inland port of entry on China's northeastern borders.

Being a border point, the city has long been affected by China's relations with its neighbour. In 1919, its railway workers took part in the general railway strike and offered their support to the Soviet Red Army in its fight against local bandits. In the 1920s and 1930s, many important figures of the Communist Party of China, including Chen

Duxiu, Li Dazhao and Zhou Enlai, made secret trips to the Soviet Union through this very town. During the Third Civil War (in the late 1940s), the Korean War and the economic construction in the 1950s, the town became the transit point for Soviet goods into China. In the 1960s, however, when the two countries followed different ideological routes and confrontation intensified, a highly tense atmosphere shrouded Manzhouli. It was only a dozen years ago that the two neighbouring nations resumed normal relations.

The border gate inside China is built over the railway line. Established in 1989, it is over 10 metres high and 20 metres wide. On one side is the No. 41 border sign carrying the emblem of China. The Russian gate also straddles the railway but is slightly shorter. Though the Soviet Union disintegrated long

If the shape of the territory of China resembles a rooster, then the city of Manzhouli in Inner Mongolia lies in a shining position, right on its crest. Distance has not reduced its fame.

The city has just turned 100 years old. A century ago it was a nomadic tribe's favoured pastureland. At the end of the 12th century, Gengis Khan, the Mongol leader, began his conquests from here. In 1900, the Far Eastern-Qing Railway construction started here, and brought in large numbers of Russian immigrants —





ago, its acronym CCCP, along with the Soviet emblem, are still on the gate today. This has made the gate a tourist attraction.

From the viewing tower, visitors can see the Russian border city Borzig, a city said to have more Chinese than Russians. Local people say that a few years ago, Chinese businessmen used the many discarded trains in the city as temporary shelters and braved the hardships to become wealthy. The Russians learned and began to profit from the border trade too. Now there are several large trade markets in Manzhouli in addition to a Sino-Russian Trade Zone straddling the border at the west end of the city. Every day, many Russians, often loaded with bags of goods, cross the border and fill the streets of Manzhouli.

Apart from doing business, the Russians also come for recreation. So, Western-style dance halls and restaurants are their favourite hideouts. Next to the Pearl Hotel is the Moscow Restaurant which is usually still full of dancers and singers at three or four o'clock in the morning.

Its special geographical position has rendered the city special characteristics. Its streets are lined with Russian-style buildings. On Yidao and Erdao streets in the Southern District and under the flyover in the Northern District are many old Russian wooden houses decorated with beautiful wood carvings. The wooden houses on Yidao Street in the Northern District have been renovated, forming a "Russian-style Street".

*Translated by F. Huang*

1. A border trading zone has been established in Manzhouli.
2. The newly-built Wangquan Market adopted the Russian architecture.
3. Many Russian-style wooden houses along the railway were dorms of railway builders.
4. Russian girls are often invited over to take part in major celebrations in Manzhouli.
5. Chinese tourists to Manzhouli are eager to pick up some Russian goods.
6. The gate, a symbol of the entrance into China, is where the trains arrive in the country.





# A Century-Old Recipe: Inside Story of the Bun

Photos & article by Li Wu

Most people who have been to Xi'an, capital of Shaanxi Province, are familiar with the special snack of this ancient city — the meat-stuffed bun. Some foreigners conclude that it is the Chinese version of a hamburger. Although superficially it may look like it, once you have tasted it, you will appreciate the difference. The bun is tasty and the meat even tastier — tender and not greasy at all. The meat-stuffed bun melts in your mouth like spring snow.

This special bun is very much liked by the elderly folks, who often queue up in front of their favourite restaurants for the meat-stuffed buns that have just popped out of the oven in the morning. Passing by these old restaurants, you would be surprised at their brisk business.

Why has such an inconspicuous snack offered by ordinary restaurants caught the eternal favour of Xi'an's people? The key lies in the soup used to cook the meat!

An old diner with long white beard revealed this secret to me. Mr. Jian did not reveal how old he was, but he told me he was born in the early 1920s. His encounter with the meat-stuffed bun began in his early childhood, and it has been a life-long favourite.

In his youth, Mr. Jian ate the buns to simply satisfying his cravings, but as time went by, he found there was more to it. After queuing many times by the stove waiting for his bun, it finally dawned on him that the snack's special quality lay in the soup.

The meat stuffing is made from the best pork from the ribs, which is stewed in a mix of ginger, water chestnuts, star anise, cloves, ground cardamom, pepper and other

spices. When the meat is done, the pot is moved to a low fire to simmer. Then, overnight, the pot is put beside the fire, so that the soup does not boil but maintains a temperature of 80°C. By the next morning, the meat is extremely tender. It is generally believed that the longer the soup has been used, the tastier the meat will be.

One of the stories Mr. Jian heard in his childhood traced the soup of one restaurant all the way back to the time of General Li Zicheng, a peasant rebel leader who established his rule in Xi'an when he led his men to overthrow the Ming Dynasty in 1644. At the time, so the story goes, the restaurant cooked day and night to feed the peasant army, and thus invented this meat-stuffed bun. And, believe it or not, the soup has been kept on the fire ever since.

In 1939, the Japanese planes bombed Xi'an and residents dug shelters in the huge city wall. Whenever the siren sounded, as residents took along their essentials into the

shelters, an apprentice of the old bun restaurant, as instructed by his boss, always took with him a bucket of soup. In this way, the owner could keep the age-old soup tradition alive should his

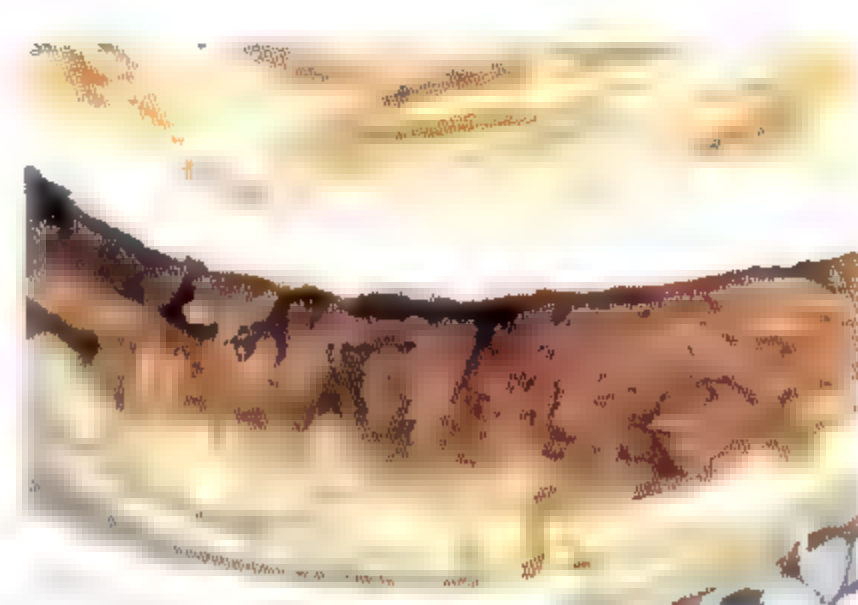
restaurant get flattened by bombs. And yet, it was the "cultural revolution" (1966-76) that nearly finished off the soup.

A group of the Red Guards came into the restaurant and announced that the soup represented an outdated tradition that must end, for it was time to have everything new. So said, they smashed the pot with a huge hammer and the soup drained away. Was this really the end of the soup?

According to Mr. Jian, there are three versions of the end of the story. One is that there really was no more old soup left. And yet, he could not believe that, for several restaurants still serve very delicious meat-stuffed buns. Another one says that after the Red Guards smashed the pot into pieces and left, the owner retrieved a half-full bowl of soup and secretly took it home. When life became calmer, he quietly returned to the restaurant with the soup and added some fresh ingredients.

The last version says that while the Red Guards were making a speech after smashing the pot, an employee, the one who had hidden the soup in the shelters in his youth, secretly filled up a jug and took it home. A dozen years later, he set up his own restaurant using the hidden soup. Of course business was brisk, for anyone who has tried his meat-stuffed buns claims that it has the authentic flavour. Old diners know it is all because he uses the old soup!

Translated by F. Huang



1. The century-old soup creates the meat's soft texture and aromatic taste.
2. The Fan Family Restaurant has recently gone to court against a restaurant with a similar name, Mr. Fan's Restaurant, to retain its claim of authenticity for the meat-stuffed buns.



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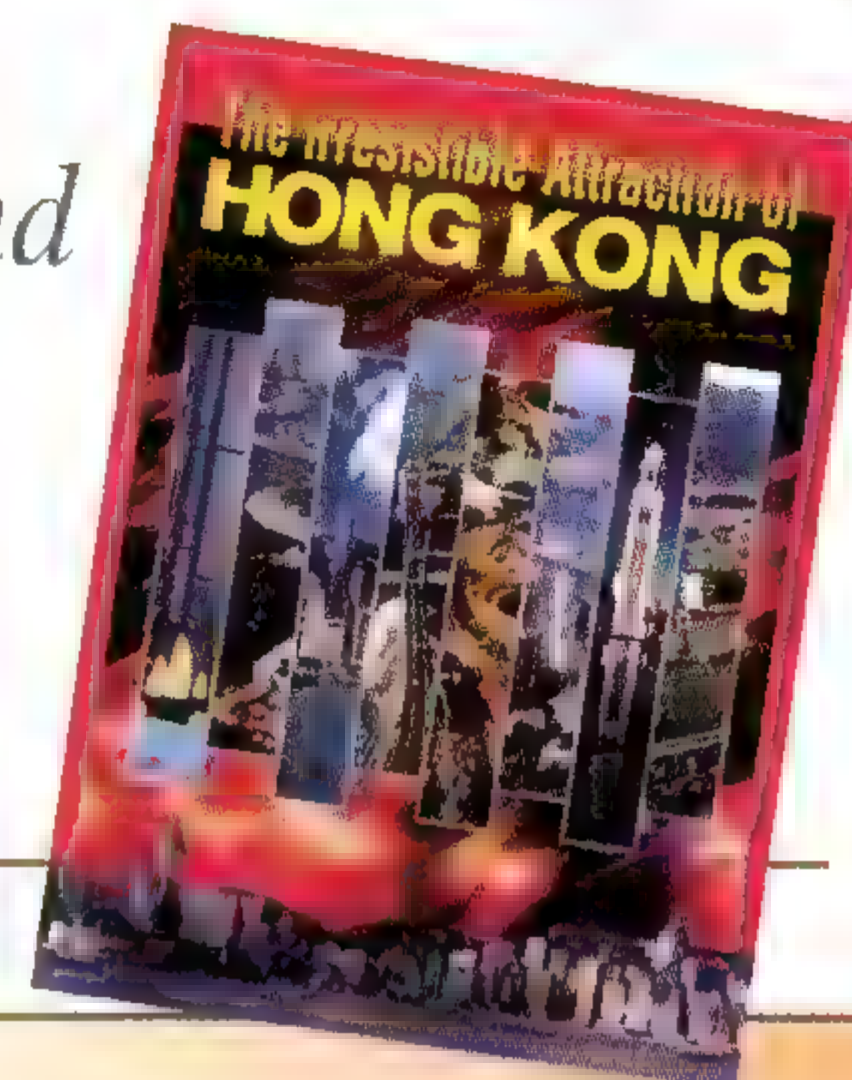
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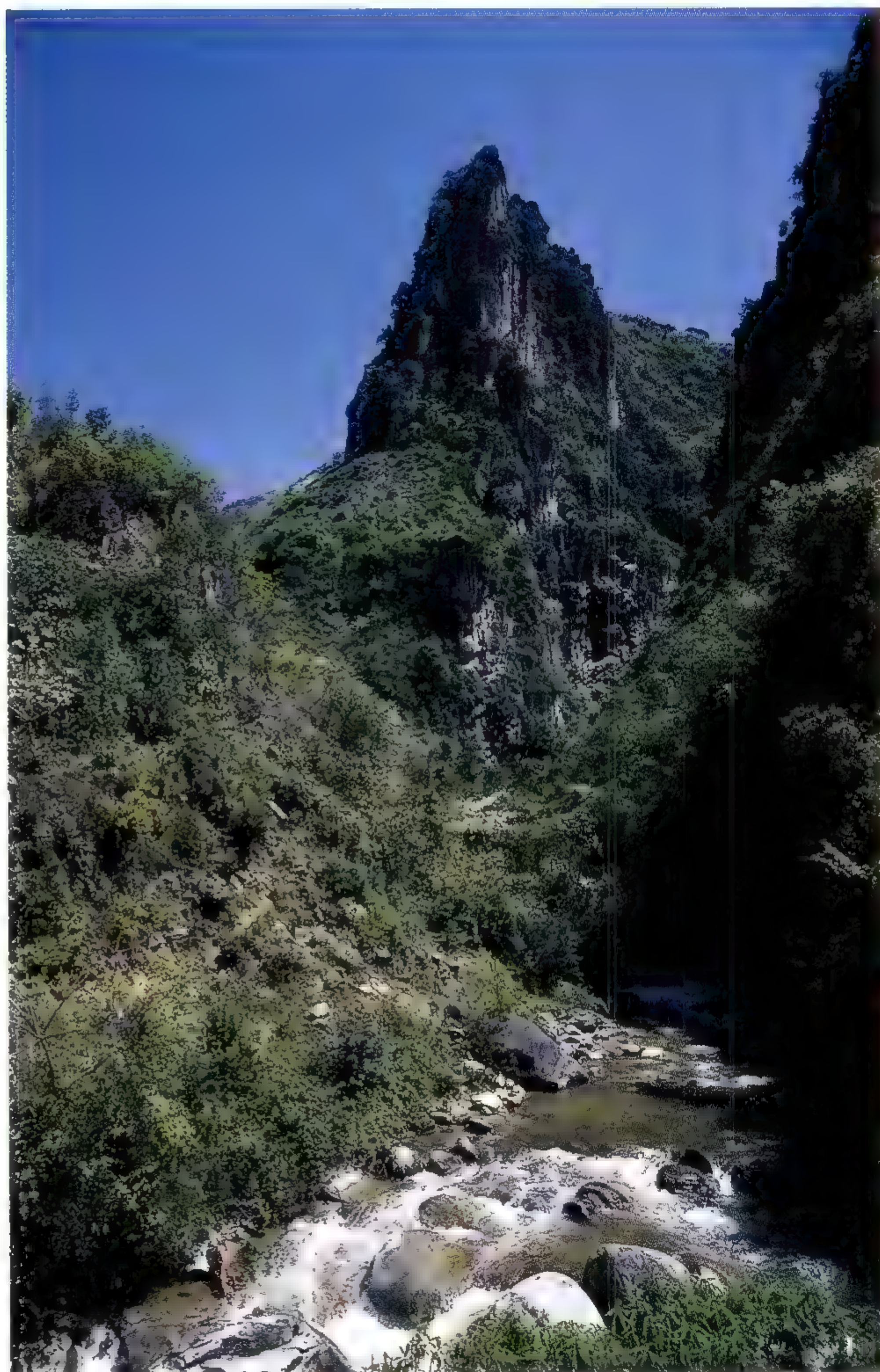


# *An Adventure to the* Nujiang Valley

Photos & article by Ma Li

Could it be true? Was Gongshan really now open to foreigners? It was good news indeed.

Two years before, we were miserably misinformed by China International Travel Service in Baoshan, Yunnan, who promised us that we did not need permits. Our trip had ended abruptly on our arrival in Fugong when we were visited by the police, who ordered us back to Liuku. At least we had our dinner and spent the night there before making the almost four-hour, non-stop trip back to Liuku.



## Bridges for Walking and Gliding

During our previous trip, we took the sleeper bus from Kunming, capital of Yunnan, to Baoshan, where we were met by our driver and van, and made it to Liuku by around midnight. The next day, mistakenly confident that we didn't need permits, we casually roamed Liuku in the morning and even visited the Lisu minority church up on the hill. We shared songs with the local students and perused the scrapbooks containing photos from the early days of the foreign missionaries.

Our roomy van was able to go 50 kilometres per hour but we frequently stopped for photos. Most impressive was the scenery as the road jogged along the Nujiang River. Villages were perched high up in the mountains like, as one former missionary to this region poetically wrote, eagles' nests. Frequent waterfalls caught our eyes and the pedestrian suspension bridges caught our eager feet. I was particularly keen to run across every one of them and try to get them to bounce and sway as much as possible!

Often there are no bridges but simply wires slung across the raging river. The local Lisu people attach cables to these wires and sail effortlessly across, sometimes carrying another person, an animal, or heavy baggage, including logs. One guy in our group was brave enough to make the trip and he said it was quite a thrill. I was too scared to try, though I badly wanted to have the experience of gliding across the river.

## A Market Day at Fugong

Fortunately for us we happened upon a market day on both journeys up the Nujiang. On our first trip we were met by Lisu women wearing beaded

1. The Nujiang River in a lush region
2. A Protestant church for the Lisu people
3. A Lisu woman on market day





chokers, the only sign of traditional dress. Their smiling faces showed no fear or hostility.

During our second trip in 1999, however, it was a different story. After a quick stop in Fugong, we found a café in town at 3:30 p.m. Because it was the weekly market day, hundreds of Nu people came down from the hills to buy and sell. Many of the women wore the traditional head dress which consisted of a fitted cap made of beads and shells. Some were shy, some indifferent, some angry and some even drunk. None were too keen on seeing us.

### Sharing Songs with the Nu People

For our second journey up the Nujiang in April we called the police in Liuku and they informed us that Gongshan was now open. As soon as we were able to talk a driver into taking us, we were on our way once again. Because we had made Baoshan our departure point on the first trip, we decided this time to fly to Lijiang. Drivers in Lijiang are not familiar with the Nujiang but we found an adventurous one who insisted that his non-four-wheel drive sedan taxi was quite adequate.

Since we left after mid-day from Lijiang we had to spend the night in Dali. We left the next morning at 7 a.m. and just after Xiaguan the road was seriously torn up for at least the next one and a half hours. Later on the road turned to cobblestones and we plodded along. About 45 kilometres from Fugong we stopped

at a tiny settlement called Piho Nu Autonomous Township because our driver was hungry and wanted to stay overnight here. It was past 8 p.m. and already quite dark at this time. It so happened that most of the Nu minority living around here are Christians who attend the local Lisu church. So we had a spontaneous sing-along using a Lisu hymnal, though we three foreigners sang in English and the Nu sang in Lisu.

The following morning we had a photo session as one of the young Nu girls working in the café put on traditional attire for us. This meant that we started off late. Our first stop was just outside Piho at a traditional Nu home across the bridge. We stayed for nearly two hours, visiting with the Nu man, his wife and their eight kids, including one set of twins. He told us he had to pay a fine for each additional child over the allowed number. Once again we shared songs from the hymnal and then a bit of their simple meal of rice, pickled vegetables and tea.

The parents live in the main sitting room which has a firepit on the floor. There are two bedrooms next door and a separate animal shelter which is used for both animals and storage. Their humble home,





made of bamboo with a thatched roof, sits against the hillside overlooking the river. We hoped that perhaps one day the animal hut could be made into a guest house for tourists like us.

### Finally in Gongshan

Back on the road, we had clear blue skies and the heat was rising. We had to stop often because our driver was even more keen than us on taking pictures. At 6:45 p.m., just one hour from Gongshan, we made a stop at a small settlement.

A Lisu church right by the roadside caught our attention. It too was made of bamboo with a thatched roof. Since it was Wednesday night I knew there would be a service because Lisu churches all up the Nujiang meet on that night.

A handful of people began to gather at 7 p.m., lingering outside, hanging their lovely hand-woven

shoulder bags on nails outside the church wall. When the keeper of the key arrived, all quietly entered and soon the singing began. Many knew the songs by heart.

We bid them farewell at 8 p.m. and arrived in Gongshan an hour later. Only one hotel was designated for foreigners and there was no water in the building even though our rooms had private baths. We went

to bed early, eager to finally get a look at Gongshan the next morning.

How exciting it was to finally be on the streets of Gongshan. It was a simple place, a sort of frontier town with pack horses lined up along the street. We managed to locate Drung baskets and hand-woven Nu fabrics for sale and we also had a nice long chat with a former Drung headman who is now a government figure. He confirmed the fact that it would be a three-day hike to visit the nearest Drung village. At the end of the town road we could see the trails leading up the valley and into Drung



1. A lovely girl of the Drung minority  
2. A Nu woman weaving  
3. The author on her favourite kind of bridge



territory. Horses in town were being laden with goods for the journey. The Gongshan Nu and Drung Autonomous County is the location of the majority of the Drung and Nu people of China.

### On to the Real Shangri-La

Since we didn't have time to arrange an eight-day trek to the Drung villages, we decided to leave town. Fortunately we met two guys from Beijing who asked if we had been to the real Shangri-La — Bingzhongluo. They convinced our driver that the road was good and so, we headed north, reaching the end of the road three hours later. On this simple and safe logging road that followed the river, we passed a tiny white Catholic church tucked into the hillside.

It had already started to rain before we had reached Bingzhongluo, which was so soaked in by the heavy low-lying rain clouds that we couldn't see but a hint of the mountains. Bingzhongluo is in a huge basin, a tiny village surrounded by mountains. Nearly all the buildings are cement and most are shops. Young Han entrepreneurs are here, ready for the time when the village turns into a major tourist destination.



After walking around a bit in the mud and increasingly heavy rain, I felt we should head back to Gongshan because April had the heaviest rain of the year and we might get stuck here for days. But first we wanted to visit the Tibetan Catholic church.

We just followed the trail to the bottom of the hill, crossed the bridge and went up the other side. It took around one hour to reach the tiny white church that had recently been renovated. We rang the bell, scared the local people and hurriedly left because it was obvious that we were not welcome. We ended up spending the night in Bingzhongluo's only guest house.

Morning brought even heavier fog. I could only imagine how spectacular the view from my balcony must be. It was a slow and muddy drive but fortunately there were no rock slides. We made a brief stop at a Catholic church and learned that around 400 of the Nu and Tibetan people met there but they had no priest.

At Wuqi Village a Nu festival was just beginning but we took little interest in it because of the rain. Lisu girls dressed in their festival best, which is similar to the Nu clothing, headed to the entrance. At 11:30 a.m. we reached Gongshan, had a meal, shopped for more fabric and left town.

### A Challenging Drive Back to Dali

The drive back was definitely challenging. Rain had caused two major washouts over the river and though both times the driver had us get out and walk, we couldn't get through. The first time a tractor came and took us across, and the second time some local guys walked by and set huge rocks across the water for us. By the time we reached Piho it was time for dinner. Once again we bedded down here for the night because our driver was quite fond of the place.


We left Piho the next morning and reached Liuku in time to have lunch at a restaurant that overlooked the river on the far side of town. The manager remembered me from my last visit, and the food there was still great.

Back on the road again we passed rustic bridges, including one made of long sticks and held in place with wire. I couldn't resist; I just had to run across the bridge and jump up and down on it.

When we passed the Weixi road turnoff we did our best to try and talk the driver into going that way but he absolutely refused. So we grumpily gave in and went by the regular route with all the heavy traffic and blind curves. But at least we stopped now and then to pick dark pink

and white wild rhododendrons which were blooming in a spring flurry.

Though we had our sights set on Dali, our driver stopped two hours outside of Dali, at a roadside inn along the river. Since today was the first day of the Dali Third Month Fair, it was probably a smart decision after all. But we did stop in Xiaguan, attended the Easter Sunday church service and enjoyed a meal in the church courtyard afterwards. The pastor's wife even remembered me from my visit in Christmas 10 years ago.

After a very slow drive on the outskirts of Dali, trying to avoid the festival congestion, we finally reached Lijiang late in the early evening. Our driver quickly had his film developed and put together a little photo album to show tourists his new destination — up the Nujiang River. 

### Tips for the Traveller

**TRANSPORT:** From Kunming, the capital of Yunnan Province, fly to Dali, Lijiang or Baoshan. Flights operate daily to Dali and Lijiang; Baoshan is less frequent. There are also sleeper buses to all three cities. From Dali and Baoshan the long-distance bus takes around six hours; to reach Lijiang from Dali, nine hours. Daily buses make the eight-hour trip from Liuku to Gongshan by way of Fugong. In another year the road to the first Drung village should be completed.

**LODGING:** There is a hotel for foreigners by the river in Liuku, one in Fugong and one in Gongshan on the main street.

**WEATHER:** The best time to visit the Nujiang Valley is May through October, and the worst time is April because of the heavy rain. A trek to the Drung village can only be done between June and September, as the rest of the year the road is blocked by snow.

**NOTE:** Foreigners need permits to visit the Drung villages. Apply at the Foreign Affairs Department of the Gongshan police station; there is no guarantee that a permit will be granted. It won't be long before there will be organised treks from Gongshan to the Drung villages.







## CUSTOMS

# Winter at Langmu Temple

Photos by Li Shaotong    Article by Chang Qingmin

Langmu Temple is very attractive in winter. Located in an area that borders Gansu, Qinghai and Sichuan provinces, Langmu is a temple of Tibetan Buddhism. In the Tibetan language, “langmu” means “fairy”. It is said that in the cave behind the monastery there is a stone resembling an elegant girl, and local people believe it was converted from a fairy. The cave is hidden in a dense forest of green pine and cypress. The local people call it Huxue (Tiger Cave), or Dehecang in Tibetan, thus its complete name is Dehecang Langmu, meaning “fairy in the tiger cave”. To the east of the temple is a hill of red sandstone. In the light of the setting sun, it appears brilliant and mysterious, resembling a bright red monk’s hat. To the local people, it is a sacred mountain. The Animaqing Snow Mountain to the west is lofty and craggy. The Langmu Temple is separated from the Ge’erdi Temple in Sichuan Province by the Bailong (White Dragon) River. This source section of the river is in fact only a shallow stream. The river’s two sources, both a group of hot springs, gush forth with a lot of steam. In winter, the steam turns into ice droplets, attaching to the trees and grass on the cliff wall, resembling crystal gems and hanging pendants that twinkle in the steam-filled mountain valley.





I have visited the Langmu Temple every winter over the past seven or eight years because I like its mountains and waters. Two friends accompanied me on my last visit. Early in the lunar new year, we took a long-distance bus from Lanzhou, Gansu, and travelled 460 kilometres through Linxia and Hezuo counties to get there at 6 p.m. The bus dropped us by the roadside, about four kilometres of mountain road from the town. Fortunately, we met a farmer on a motorised cart who took us there. We thought we would be the first to arrive in the new year, but to our surprise, many people had already arrived and the hostel near the monastery was full. The owner was an old friend of mine and he offered us one of his family's rooms. The bed for Mr. Zheng was rather short and Mr. Li's had no headboard. I slept on an uneven makeshift bed of three boards placed on some bricks which creaked whenever I turned.

### Singing Echoes by the Steaming Streams

The area around the Langmu Temple abounds in small streams arising from the dozens of hot springs. The streams run across the streets, lanes and courtyards to eventually merge into a major river. The entire area was now covered by a blanket of snow, yet the serenely coloured streams produced plenty of steam. Songs and laughter resounded from the banks of the streams where many girls and young wives were washing clothes.

Zhuamacao's husband was herding their animals at Yeba Grassland, 15 kilometres away from the town. He does not return often and she remains at home with their five-year-old son. About every two weeks she takes her family's dirty clothes into a big basket down

to a stream to wash them. In this area, men never do things like washing clothes. Anyone who does would be looked down upon and his wife would feel ashamed.

The clothes worn by Tibetans are quite large and heavy. Zhuamacao told me that long ago they had to use things like acidophilus milk to remove oil stains, so it was impossible to get them clean. Now, washing powder has made their work much easier.

Women washing clothes by the steaming streams in winter has become a unique scene in this part of the country. The steam turns into fog covering the women in a thin gauze.

### Children's Games of Crossing Bridges

Because there are many small streams, there are naturally a lot of bridges. Apart from one major cement bridge built with government funding, all other big and small bridges were

1. Despite the storm, the Tibetans rush to the mountain slope by the Langmu Temple in early morning to attend the annual Buddha-Sunning Ceremony. (by Chang Qingmin)
2. The grand ceremony to sun the Buddha is also the opportunity for the lamas to see their family.
3. Children put on their new clothes on the day of sunning the Buddha.





built by the local people. Abundant timber in the locality has made it easy to build the bridges. The larger wooden bridges are usually built of logs with a diameter of 50 to 60 centimetres and are solid enough to support trucks with three to four tons of loads. Smaller bridges are mostly built with timber 10 centimetres thick. The longer the streams, the more small bridges. Built mainly to make life easier, these small bridges have also brought joy to the children, who play various sorts of "small bridge games", particularly after a winter snowfall. Zhuomacao's son was the leader of his group. The snow made the bridge very slippery; one wrong step might result in a dip. Precisely because of the excitement, the kids regarded crossing the snow-covered bridges their best fun and they never tired of the game till someone fell into the water. Touched by their jolly mood, I crossed the bridges time and again, feeling as if I had returned to my childhood days.

### A Pretty Girl and Her Stone Grinder

A stone grinder is an ancient tool once found all over China that is used to remove husks and crack the grains.

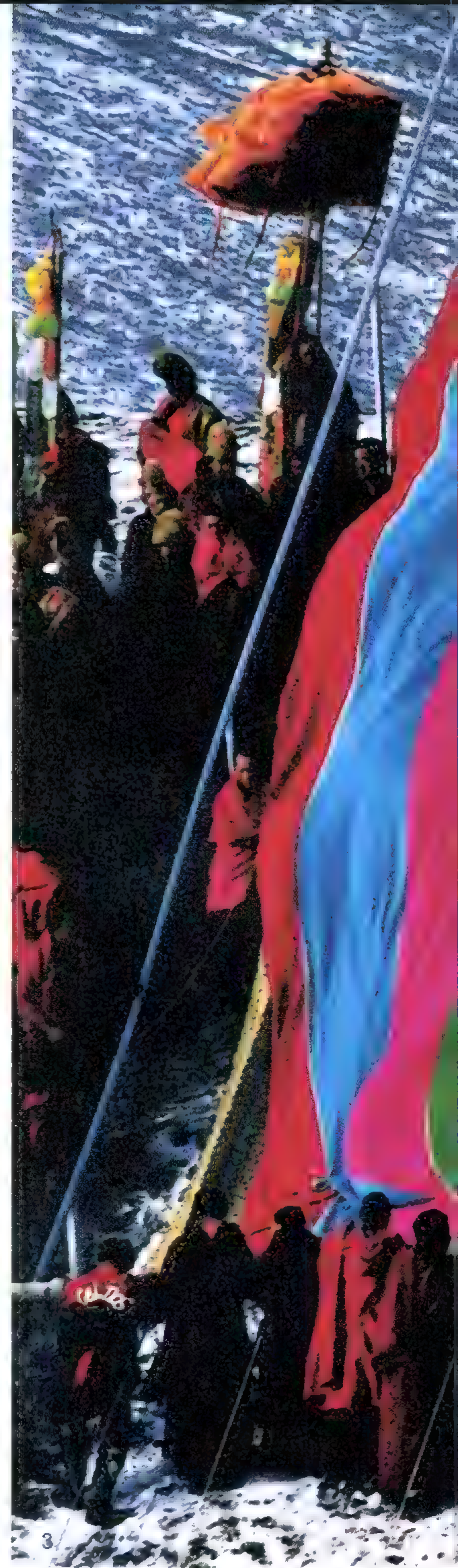
Lamao is the most beautiful girl in the area. The stone grinder in her home is the biggest and most beautiful one in the entire township. It has a diameter of two metres and weighs over a ton. Unlike those in areas inhabited by the Han people which are moved by humans or draught animals, the grinder at Lamao's home is powered by falling stream water.

Apart from their own, Lamao and her family also grind flour for the villagers, at only 15

yuan per 50 kilograms. For her kindness and the reasonable charge, all the villagers bring their barley processing jobs to Lamao. Every day, Lamao washes the qingke barley, bakes it and grinds it into flour to produce the Tibetans' staple, tsampa. Sometimes, she mixes in some peas and sesame to make *bisan*, which is even more delicious. Although tsampa produced this way tastes good, the output is low — only 50 to 100 kilograms a day. Lamao said it was possible to use electric machines, but the tsampa produced that way was not as delicious as the stone-ground one. She fetched a wooden bowl containing her home-made tsampa and added some salt tea before handing it to me. I used my hand to mix the tsampa and water into a small ball — it was indeed very delicious.

### Fenced Houses — Wise Architectural Works

Every family in the Langmu area has a house completely made of wood with a wooden fence around the courtyard. Although wooden houses are economical and look nice and clean, they have also their shortcomings. In winter, the snow is more likely to pile up around them, making the internal temperature drop sharply. And in summer, the sun hitting directly on the walls causes the temperature inside to go very high. Thus the people here weave timber slats into a particular kind of fence and set it closely against the walls like a house "raincoat". These fences help ward off the strong ultraviolet







radiation on the plateau in summer and the biting cold winter air.

The fenced house of Nimayangcao's family is a two-storey building. The first story is for her parents and brothers, while she lives on the second floor. Every morning, she opens the windows of her room to let in fresh air. Sitting by the window combing her hair, she sings songs in the tune of *Tibetan Flower* such as: "The rivulets of my native land flows to a faraway place, and the brilliance of the sunshine will last for ever. I wish friends to stay together and never depart. If you must go, I wish we meet again." Another song is like this: "Oh, friend, you come to our village and I busy myself for your arrival. To you I present the qingke barley

1. After sunning the Buddha, both lamas and lay people visit the rural fair.
2. Washing by the warm stream in cold winter
3. The most exciting movement of exposing the Buddha's portrait
4. Despite the snow, the Tibetans walk around the temple and pray as usual. (by Chang Qingmin)







wine. You get drunk and so do I. We both lie by the kitchen fire." The simple sincerity truly moved us.

### Langmu Temple in the Snow

On the fourth day after our arrival there was a snowfall. We got up very early to prepare for photos of the snowy landscape. After



a hot breakfast, I packed half a piece of *guokui* (a kind of baked bun very popular in northwestern China) and some biscuits for my lunch. It snowed harder and harder. Everywhere, the land turned white and the temperature dropped sharply. The visibility was less than a dozen metres. My joints felt painful and my hands were very cold. I had to put one hand up my sleeve to warm it enough to press the camera shutter. The blistering wind blew the snowflakes into our faces, heads, shoulders and eyebrows, turning us into snowmen instantly.



Even on such a rough winter day, the local people did not change their daily routine. Early in the morning, the whole family would sit around the fire, having buttered tea and tsampa before going to the monastery. To them, snow is a good omen, signifying better grass on the pasture land and strong animals. So, praying on a snowy day is particularly important.

The snow put a white blanket over the vast land, making everything exceptionally beautiful and mysterious. Amidst the Animaqing Snow Mountain, there were age-old cypresses and pines, ancient Tibetan Buddhist temples, small courtyards and fenced Tibetan-style houses. A little farther away, there were towering snow-covered peaks and smooth slopes.

## Sunning the Buddha

The 14th to 17th days of the first lunar month are the most lively at the Langmu Temple. That is when a series of Buddhist activities are held, including the ceremony to sun the Buddha, Tibetan opera performances, lantern festival and spraying of holy water. On the day of sunning the Buddha, I saw some 100 lamas march out of the temple in the morning sun to the sunning platform at the foot of the Animaqing Snow Mountain, some of them playing various Buddhist instruments, others holding sutra streamers or shouldering a huge tangka with the Buddha's image over 20 metres long and a dozen metres wide. The Buddha's image was slowly unfolded in front of a huge crowd who had arrived on horseback, by truck or by car. There were even some people who came from afar by prostrating themselves every step. The crowd comprised the very old and the very young, the rich in their fox fur and jewels and the poor in decrepit goat skin coats. In front of the Buddha, however, everyone was equal, and they all hoped that the Buddha would lavish happiness on them. When the music ended, thousands upon thousands of Tibetans prostrated themselves on the grassland before the Buddha, praying for favourable weather, good harvest, fatter animals, sound health and good luck.



*Translated by Z. G. Li*

1. The huge portrait of Sakyamuni appears particularly vibrant on a snow-covered slope.
2. The hot springs on the upper reaches of the Bailong River
3. People rushed forward to touch the Buddha's portrait with their foreheads — a gesture believed to bring good fortune.

## Tips for the Traveller

Langmu Temple is located in an area bordering Gansu and Sichuan provinces. It usually snows around the annual Buddha-Sunning Festival held on the 14th day of the first lunar month.

### ◆ Transport:

There are no direct bus services from Lanzhou to the Langmusi Town. Tourists can take a Lanzhou-Jiuzhaigou sleeper bus and get off on the highway close to the temple, then change to a motorised cart. One can also take a bus (four runs a day and 20 yuan a ticket) from Lanzhou to Hezuo, then change to a bus (two runs a day and 10 yuan a ticket) to get to Langmu Temple.

### ◆ Food and Accommodation:

Langmusi Hotel: 12 yuan per bed, with shared washrooms.  
Langmu Temple Reception House: 12 yuan per bed, with shared washrooms. On the streets in the town, there are a few eateries, serving both Muslim and Sichuan food. The prices are very reasonable.

### ◆ Warning:

The altitude of the Langmu

Temple area is around 3,800 metres. Beware of altitude sickness. Move around slowly and don't drink or eat too much.

- The winter temperature can drop to  $-15$  to  $-20^{\circ}\text{C}$ . Bring warm clothes and boots.
- Leaving Langmu by the road running across the grassland in northwestern Sichuan to Chengdu you can see different landscapes.









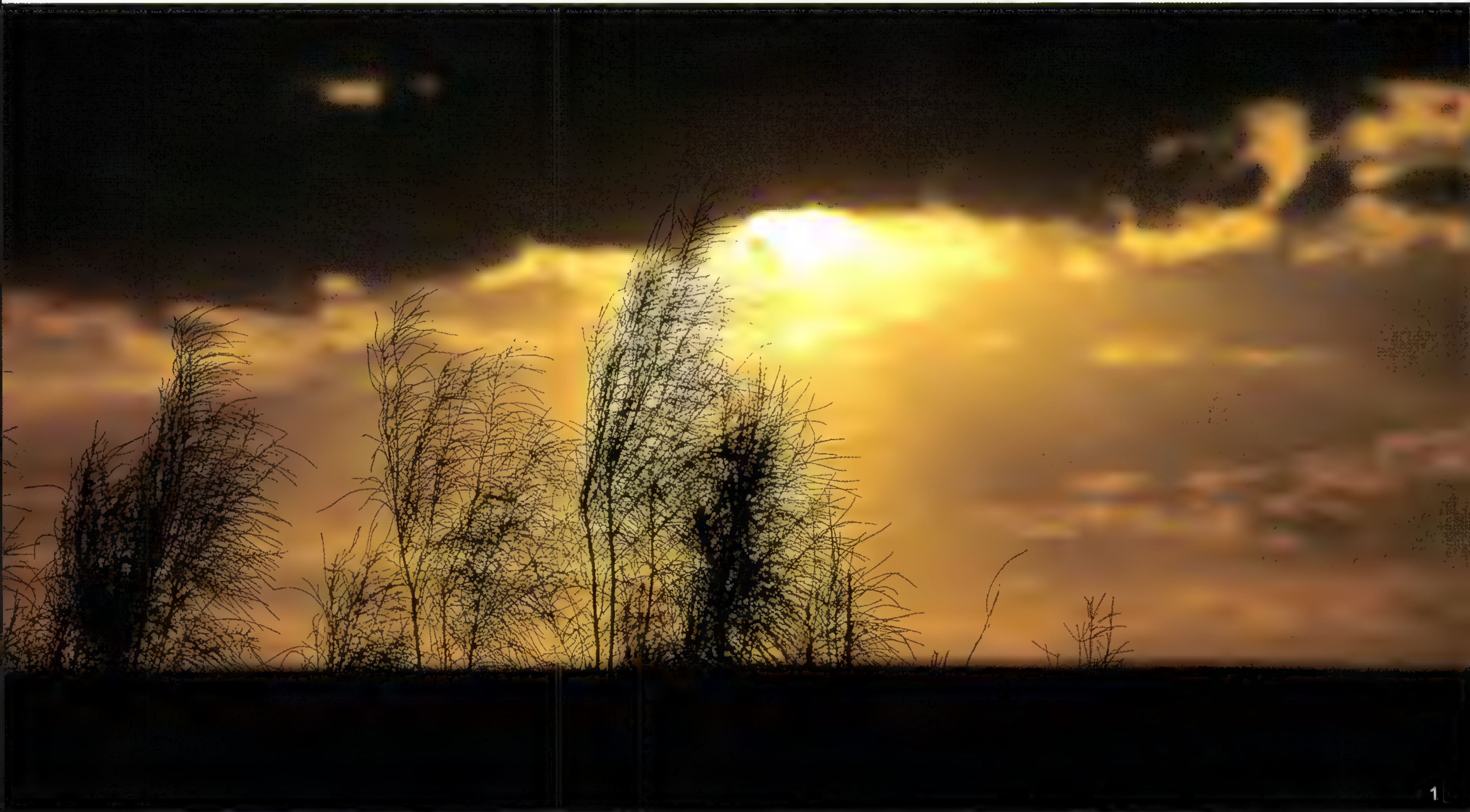
# Around Eastern Tianshan Mountains From Hami to the Barkol Grassland

*Photos & article by Liu Hui*





*Giant sandy mounds protrude some 20 or 30 metres from the desert surface resembling a palace or a giant nail*



### **Hami — an Oasis with a History**

We drove to Hami, an oasis in the vast gobi desert, and began our journey across the eastern section of the Tianshan Mountains to the Barkol Grassland.

As early as 6,000 to 7,000 years ago Hami was already teeming with human habitation. Since the Western Han Dynasty (206 B.C.- A.D.24), Hami had become an important town on the Silk Road. In 1606, Met Xahja, a preacher of Islam, overthrew the long-term rule of the Mongols and

became the religious leader and feudal lord of the area in and around Hami. During the Qing Dynasty (1644-1911), the imperial court appointed the title of King of Hami to Met Xahja's son, Abdulla, and his later descendants. Nine members of the family had ruled the area for a total of 233 years until 1930, when the kingdom was abolished by the government of Xinjiang Province.

The Mausoleum of the Kings of Hami is the most important site of cultural interest in Hami. The local people call the place "land of gold". Buried in this 1.3-hectare mausoleum in typical Islamic architectural style are the remains of 40 people, including the seventh and eighth kings and their consorts, wives and other members of the royal family.

There is a large mosque on the premises, the Aitigar Mosque. Built during the early Qing Dynasty, this is a 2,280-square-metre affair large enough for 5,000 worshippers. Every year the mosque is the site of the Ramadan-ending and Corban festivals.

### **Uygur Farmers by a Crumbling City**

Along the 100-kilometre tourist route that links Hami to Wupu Township are the ruins of the Baiyang Gully Monastery at Erpu, the Han-Tang City at Sipu, and ancient tombs and watchtowers at Wupu. We went west along State Highway 312 past the fork between Sipu and Wupu, and drove on for about a





## From Hami to the Barkol Grassland

dozen kilometres to arrive at Sipu Village, a Uygur settlement. When we disembarked to ask for the way to the Han-Tang City, a middle-aged man volunteered to be our guide. After a series of twists and turns, our car pulled over by a small river, where we saw a stretch of crumbling walls. We mounted a terrace, where a signboard erected at the breach of the wall indicated this was indeed the ruins of the ancient Han-Tang City.

In the year 73, Emperor Mingdi of the Han Dynasty launched a northern expedition against the Xiongnu nomads. After the army conquered Araturuk, he had an army garrison established here, and had soldiers reclaim land for farming. In 493, the settlement was sacked by Charklik. The remnants of the Han army fled to Araturuk, where they established a county. Archaeological diggings indicate that the ruins of this ancient city were the Araturuk settlement of the Eastern Han Dynasty or the county established by the fleeing Han soldiers, which flourished during the Tang Dynasty. A number of Uygur families live around the ruins. Tall verdant poplar trees, jujube trees, grapevines and narrow-leaf oleaster trees hung heavy with fruits, all but obliterating the crumbling walls of the ancient city. Only a 10-metre-high observation deck in the northeast corner remains.

### 3,000-year-old Preserved Corpses

Three mummified corpses and large numbers of burial objects have been discovered from a Bronze Age site at Wupu Township about 10 kilometres from Sipu. A carbon-14 test conducted by the State Cultural Relics Protection Research Institute attributes these three corpses to 2,900 to 3,200 years ago, which was much earlier than the female corpse in a Western Han tomb at Mawangdui, Changsha. Different from the corpse found at Mawangdui, which was preserved with a desiccating agent, or the mummies of ancient Egypt, which had undergone antiseptic treatment, these corpses were dried in the arid air, and are therefore valuable cultural relics.

The corpses' skin, bronze in colour, seem to retain its elasticity; their heads are well preserved; and even their nails



remain perfect. There is no sign of decay, and they look like some slim people sleeping on their sides.

### Ancient Fortification Among Yadan Landforms

Further southwest, we arrived at what locals call Ghost City, which turns out to be an area of yadan landforms.

At 6 p.m., we left Wupu Township and entered a vast stretch of salt fields 30 kilometres from the Ghost City. We had to nose our way forward along the tracks left by some oil exploration teams before we finally arrived at a thick cluster of giant sandy mounds. One of them looks like a palace protruding some 20 or 30 metres from the surface of the desert. Another mound takes the shape of a giant hall surrounded on all sides by "halls" of smaller sizes. A structure had once stood on the slope of this "giant hall", but today it has been reduced to debris. We climbed laboriously into the debris, where we found shards of pottery and tiles. A local friend told us that this used to be a border checkpoint on an ancient road.

### Fan Lihua's Robe-Changing Boulder

We left Hami and set off for the Tianshan Mountains Scenic Area. More than 30 kilometres later, we arrived at the southern entrance to the scenic area. A number of interconnected watchtowers stand there, indicating the place's strategic importance. The road that goes through this stronghold is a



**Previous page: Camels in the desert**

1. Red willows in the desert
2. The tombs, sumptuously decorated, contain the remains of Islamic kings and family members.
3. A Uygur farmer who served as our guide, took us to his family orchard to taste his grapes.
4. At a Uygur wedding
5. The Uygurs call this place Steep Mountain.





major thoroughfare between Araturuk and Barkol County.

We climbed up a zigzagging footpath and came to a boulder which, hewed into a square shape, stood half buried in the mountain. Three Chinese characters are carved into the boulder, meaning "Robe-Changing Gully", but locals simply call it "Robe Changing Stone". Legend has it that during the Tang Dynasty (618-907), the woman general Fan Lihua scored a victory at Hami on a western expedition. On her way to Barkol, she wanted to change her clothes. Surrounded by male soldiers, she had to change into a new gaily-coloured battle robe behind this large boulder.

Further on, the valley grew increasingly green and the air became colder. Our jeep throttled up a long stretch of steep

road and arrived at the top of the Tianshan Mountains 2,700 metres above sea level. The dilapidated ruins of the Tianshan Temple stood on the slope. It was originally built in 1786, burned down during a war and rebuilt in 1882. A stone tablet, inscribed with the name of the temple, Tianshan Temple of Lord Guan, has been broken in two. Not long ago, a statue of Ban Chao was erected beside the ruins in memory of the famous Eastern-Han general who quit his literary career and joined the army, and performed meritorious deeds as the commander of western expeditions in the Western Region.

### **China's Largest Humming Sand Mountain**

We left the Tianshan Temple, drove past Jiangmenzi and arrived at the White Stone Scenic Area some 70 kilometres from Hami. This summer resort lies on the northern side of the eastern section of the Tianshan Mountains and is covered with a thick cluster of pine trees and vast stretch of meadows. Cooking smoke curled leisurely from the wooden cabins of local herdsmen.

Ten kilometres from the resort stands the Humming Sand Mountain, which is actually composed of a number of sand mounds. Climb atop the mountain and slide down the slope, and you would hear an incessant humming sound. In September 1982, the China Geographic Society designated this





## From Hami to the Barkol Grassland



as the largest of the four humming sand mountains in China.

In the Humming Sand Mountains there is a forest of *Hippophae rhamnoides* and a pool in the shape of a crescent moon. Surrounded by sand dunes on all four sides, the bushes grow luxuriantly and the Crescent Moon Pool there does not dry up until after July every year.

### Barkol — Paws of the Tiger

Barkol, a major settlement on the northern branch of the Silk Road, is today the seat of the Barkol Kazak Autonomous County. This tiny city has a venerated history. During the Western Han Dynasty, it was known as Pulei and was one of the 36 kingdoms of the Western Region. After Ghengis Khan established his Great Mongol Empire in the 13th century, he renamed the place Barkul, meaning front paws of the tiger, which eventually became Barkol.

At a little after four in the afternoon, we drove to the southwestern part of the Barkol Lake. The reflected forms of mountains shimmered in the rippling water of the lake, which

resembled a mirror imbedded in a green tapestry. Birds frolicked merrily on the water surface. It is a salt lake which also contains mirabilite, a lake in which fish cannot survive. Recent years have seen the surface of the lake shrink gradually and the level of its water table go down by more than four metres. I do hope this lake will not disappear and become the second Lop Nur. By the lakeside, I met a young Uygur man who was fishing for a kind of insect, an ideal food for shrimp cultivation. He told me one kilogram of the insects could sell for more than 10 yuan and he was catching them to augment family income.

Bathed in the setting sun, we arrived at a pasture on the southern shore of the lake. Cooking smoke rose lazily from the Kazak yurts scattered here and there on the grassland, and the air was filled with the aroma of buttered tea.

### Dahe — an Ancient Granary on the Silk Road

The next morning we arrived at Dahe, 26 kilometres from Barkol, which was a garrison of 3,000 troops and 400 horses during the Tang Dynasty.

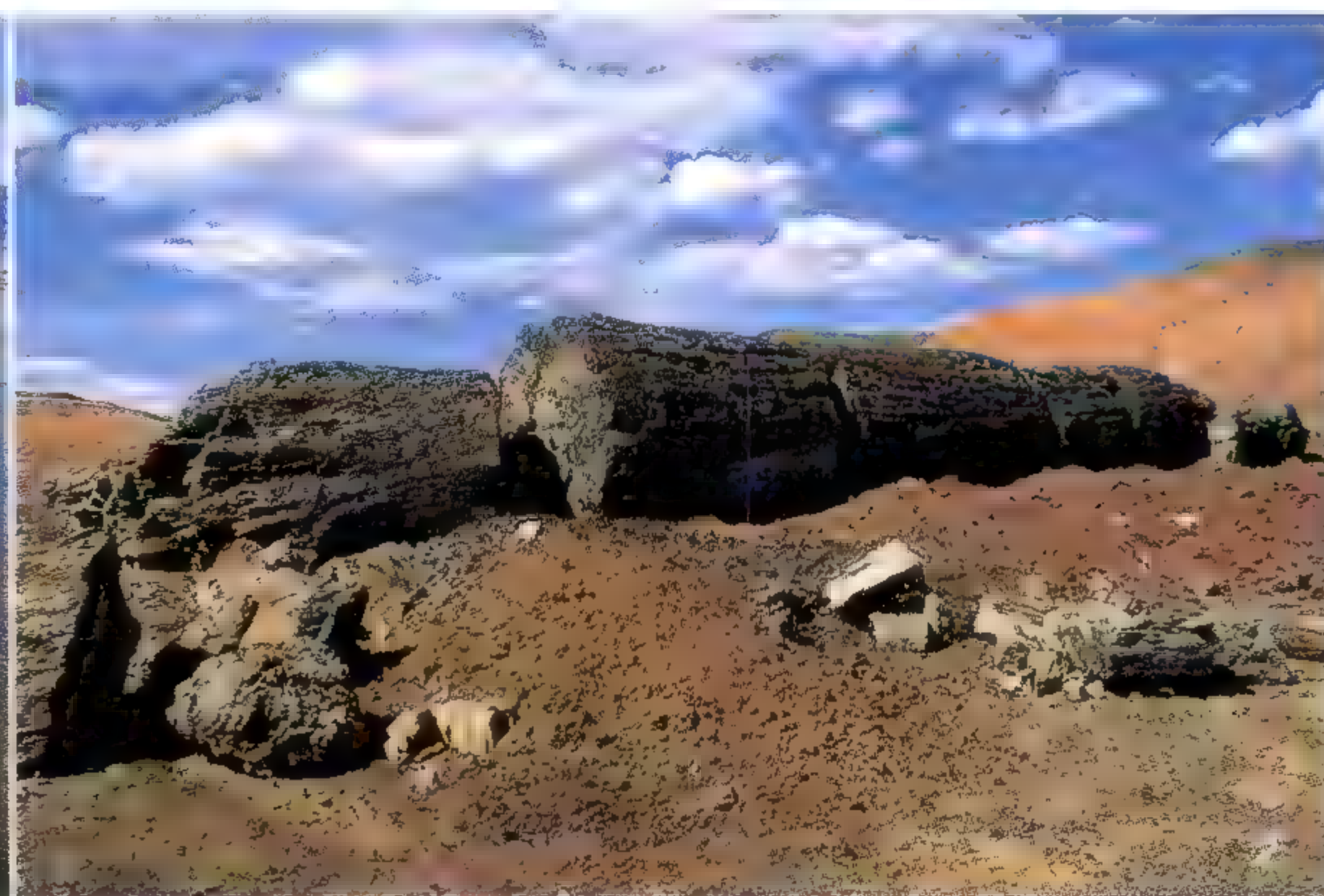


1. A young herdsman at the Humming Sand Mountain
2. A scene at the foot of the Tianshan Mountains
3. The sea of pine trees that covers Tianshan Mountains and sand mountains on the grassland
4. Kazak women inhabiting the White Stone Scenic Area are expert weavers.
5. The statue of General Ban Chao, on the top of Tianshan Mountains at an altitude of 3,000 metres





*Dahe, where "gathered crops were heaped up like clouds", was an important granary on the ancient Silk 'Road'.*



The ancient city is laid out on an oblong plan, 360 metres by 210 metres, with granaries, barracks and horse paddocks. Though dilapidated, the ruins show the impressive size of the city in former days. Remnants of stone mills and shards of stone confirm the extent of farming then.

Agriculture was well developed with "gathered crops heaped up like clouds", as the saying goes. Since the Han Dynasty, Dahe had been an important grain-producing centre on the ancient Silk Road, with troops stationed here for farming. So, in harvest seasons, farm crops were piled up very high. Farming reached its pinnacle here during the Qing Dynasty.

### **Barkol — Two Cities Combined**

Having heard that Barkol consisted of two cities, we searched for the Han and Manchurian city sites. The Han city

situated in the west was the "City of Green Barracks" established by Yue Zhongqi, a general and descendant of the famous Song general Yue Fei, in 1731 of the Qing Dynasty, after quelling a rebellion in Junggar. The Manchurian city, situated 500 metres east of the Han city, was established in 1772 during Qing emperor Qianlong's reign by 2,000 Manchurian troops, who settled there with families.

On my journey home from this unforgettable place, I cast many longing glances back at Barkol until it disappeared into the horizon.



*Translated by Ling Yuan*

1. Barkol Lake abounds with excellent shrimp feed.
2. Tree fossils
3. The vast land of gobi desert
4. This stone abode at Lanzhou Bay is a legacy of the Bronze Age some 3,000 years ago.





## From Hami to the Barkol Grassland

### Tips for the Traveller



### Transport

As Hami cannot yet be reached by air, travellers may first fly to Ürümqi, then switch to other means of transport. The train is the most convenient, as Hami is a major terminal on the Lanzhou-Ürümqi Railway.

Hami is covered by an extensive network of highways. State Highway 312 runs right across the city proper. Passenger bus lines reach Hami from such places as Ürümqi, Jiuqun, Turpan, Dunhuang and Barkol. Hami is 610 kilometres from Ürümqi, 430 kilometres from Turpan, and 420 kilometres from Dunhuang.

On a daily basis, minibuses shuttle between downtown and scenic resorts and places of historical and cultural interest in the suburbs; a bus ticket costs five to eight yuan. Prices for long-distance car rentals are negotiable.

### Travel Routes

#### Four-day Tour of the Hami-Barkol Section of the Silk Road

- Day 1:** Mausoleum of the Kings of Hami, Tomb of Gaisi, Wupu Museum, a city tour of Hami, watchtowers at the southern entrance to Tianshan Mountains Scenic Area, Robe-Changing Gully, Tianshan Temple, Jiangmenzi, Humming Sand Mountain, staying at White Stone Scenic Area, with bonfire party and folk performances in the evening.
- Day 2:** White Stone Scenic Area, primeval forest, a visit to Kazak yurts, Songshu Pool, Araturuk Horse Farm, Tianshan Pastoral Farm, the seat of Barkol County.
- Day 3:** The Han and Manchurian cities, Terrace of Yue Fei, Sun and Moon Pavilion of Fairy Temple, Temple of Ksitigarbha, Dahe, Western Grassy Lake, and Kazak song and dance performances in the evening.
- Day 4:** Ruins of ancient architecture at Lanzhou Bay, Black Gully, Barkol Lake, Haiziyan, Jianshan Mountain and watchtower, Tear-Drop Pool.

#### Horseback Riding Tour in the Eastern Tianshan Mountains

- Day 1:** Drive from Hami to White Stone Pastoral Farm, and ride on horseback to Hanqi Gully.
- Day 2:** Go east from Hanqi Gully to the foot of the mountain on horseback.
- Day 3:** Head from the foot of the mountain to Qianshan Pastoral Farm.
- Day 4:** Go southwest from Qianshan Pastoral Farm to Humming Sand Mountain, with bonfire party in the evening. (Overnight lodging is in yurts.)

### Food

Beef and mutton are the staple foods for the people of various ethnic backgrounds in Hami. Local delicacies include cakes in stewed mutton soup and cakes with stewed chicken. Each serving costs 30 to 40 yuan and is sufficient for four people.

### Accommodation

Accommodation is convenient in Hami, with four star-rated hotels to choose from.

**Hami Guesthouse\*\*:** 2 Tianshan Road West (150 to 250 yuan per night)

**Hami Hotel\*\*:** Yingbin Road (140 to 250 yuan per night)

**Jiageda Hotel\*\*:** Aiguo Road North (120 to 240 yuan per night)

**Commercial Guesthouse\*\*:** 95 Zhongshan Road North (120 to 240 yuan per night)

### Shopping

The jujubes produced in Wupu are meaty and sweet, and among the best of all preserved fruits. When buying jujubes, ask about their grade and whether they are freshly harvested or not. There is a large price difference between jujubes of different grades. Other famous local produce include melons, raisins and preserved apricots.

### Weather

Hami belongs to the temperate zone where the climate is arid and windy in spring. It is especially dry in summer. Average annual temperature is 9.8°C, and the highest can reach 43°C. When touring the gobi deserts or the Yadan landform zone, you should beware of the dust, the scorching sun and heat waves. When visiting the Tianshan Mountains Scenic Area, make sure to bring winter clothing for the night time.





# TREKKING TOWARDS THE SOURCE OF THE YANGTSE RIVER

Photos by Shui Xiaojie Article by He Zuoshe

The Yangtse River runs almost through the breadth of China from the west to the east. For several thousand years, the great river has been like a mother nourishing millions and millions of China's sons and daughters. People often wonder exactly where the river's voluminous waters start their life.

In the Qing dynasty, the government, with the intention of drafting

a map of the whole country, sent investigation and survey teams on several occasions to the Qinghai and Tibet area. During the reign of Emperor Kangxi (1662-1723), modern survey techniques were used for the first time on a nation-wide scale to prepare the *Complete Map of the Imperial Domain*. A commissioner was later sent to investigate the headwaters of the Yangtse River. On the Qinghai-Tibet Plateau, the





commissioner did not know what to do when he saw the gigantic river system there. In his memorial to the emperor, he wrote, "The headwaters are widely spread out like a broom."

In July 1976, the Planning Office for the Yangtse River Valley and the related departments, with the energetic support and co-ordination of the People's Liberation Army, made a comprehensive survey of the headwaters area of the Yangtse River. They found that the main source of the Yangtse is the Tuotuo River and that its total length is 6,300 kilometres. As a result, the Yangtse replaced the Mississippi as the third largest river in the world.

Several years ago, a group of ardent young people, including myself, organised the Yangtse River Source Investigation Team to trek to the source of the Yangtse to be closer to the mother river.

### Forging Ahead Despite Sickness

The preparations for the trip were far more complicated than we had imagined. To make the trip more successful, we set out on September 5, 1995 and spent more than 130 days on an investigative tour to Qinghai, Tibet, Yunnan, Sichuan, Hubei and Hunan. We collected a wealth of valuable data and gained a basic understanding about the topographical and climatic conditions at the source of the Yangtse River. Along the way, we received generous help from people of all walks of life.

As each of us knew clearly that the journey to the source of the Yangtse involved not only hardships, but also risking our lives, we each secretly wrote a will for our next of kin on the night before our departure. After a brief commencement ceremony, we set out on July 22, 1996 from Yichang, Hubei Province, the headquarters of the Three Gorges Project, and embarked on the long journey westward.

After a week's tiring journey by train and bus, we arrived at Golmud in Qinghai Province, the nearest city to the source of the Yangtse, where the altitude is 2,780 metres.

As we were getting ready for the journey ahead, one of the team members fell ill. Then, one



after another, all of us were struck down by flu. We felt dizzy and suffered from splitting headaches and running noses containing traces of blood. Our lips were chapped and we felt exhausted. It was impossible to proceed. A doctor in the hospital told us that we were suffering from altitude sickness. We had to recover fully before we could go higher on the plateau, otherwise, the flu might develop into pulmonary oedema and perhaps kill us. Upon hearing this, we all became very nervous because we remembered that in 1986, during the long rafting trip down the Yangtse, an American team member had died after he developed pulmonary oedema from his flu. He was buried by the Tongtian River at 4,000 metres.

Long days of illness, the solitude of staying in a strange city far from home and the mystery and terror which enveloped the source of the Yangtse discouraged us and dampened our early enthusiasm. We kept wondering if we had been too impulsive. Dong Yanqiu, a woman member of the team, made a long-distance call home. It was her mother who picked up the phone at the other end. When she heard that it was her daughter, she said in a sobbing voice, "Where are you? When are you coming back? Everybody in the family is worried about you." Her brother, Dong Chao, then took the receiver and said in a solemn voice, "I don't mean to say that your trip is meaningless, but your passport is ready for you to go to America. You must think it over and decide for yourself." She was sleepless that night. Eventually, she decided that the mysterious land at the source of the Yangtse held a greater attraction for her.

The team leader, Shui Xiaojie, was a great lover of nature. During his university days, he had organised and participated in a 5,000-kilometre bicycle journey for university students in the Shiyan area in

1. Glaciers at the source of the Yangtse  
2. Marching towards the source





Hubei Province. In early 1995, he joined the Investigation Team for Wild Men in Shennongjia organised by the Scientific Exploration Society of China and covered by the mass media of many countries. As the golden season for going up the plateau would soon pass, time was pressing. He called the team members together for a meeting and asked if we still had the confidence to continue the journey. After a moment of silence, everyone answered "yes". We said that if the worst happened, we would bury the dead and forge ahead as long as we had some breath left in us.

After more than two weeks recuperating, we had all completely recovered. We decided to go up the Qinghai-Tibet Plateau to the source of the Yangtse as soon as possible. After getting in touch with various departments, we went to see Wen Yimin, the political commissar of the Qinghai-Tibet Army Service Station. When we told him about our plan, he and the other leaders at the station called a telephone conference with the departments concerned, including Yu Xianghai, superintendent of the 22nd Army Hospital. Political Commissar Wen said to them, "Trekking to the source of the Yangtse is a meaningful event. The Three Gorges Project is attracting the

attention of the world. We must give our support." He then personally arranged the itinerary for us and, together with the other leaders of the service station, signed his name on our team flag.

The following day, just as we were about to depart in army trucks, Yu, the 22nd Hospital Superintendent, came with a big cardboard box of medicine and said to us, "This will be enough for three months."

### **The Magnificent Source of the Yangtse**

Snow was flying on September 9 when we reached the Tanggula Army Service Station at 4,980 metres altitude, the last depot before we entered the area of the headwaters of the Yangtse. Following the instructions given to us by Yang Yong who had taken part in the rafting down the Yangtse 10 years ago, we found Dalji, the Tibetan guide, without difficulty at the Road Maintenance Station 103.

Dalji had been to the source of the Yangtse five times. But it was his first trip in this kind of season. Based on his experience, he said that with such a low temperature it would take about a month if we hired yaks. And if the yaks could not find grass to eat on the snow-covered mountain, they might run away. It was advisable, therefore, to hire two



trucks. If one got stuck in the mud, the other could pull it out.

We went up and down the Tanggula section of the Qinghai-Tibet Highway and could find a few Han drivers, but none of them dared to venture to the source of the Yangtse. Finally, we were able to find two Tibetan drivers who were well acquainted with Dalji, our guide. With the generous help of the Qinghai-Tibet Army Service Station, we loaded the two trucks fully with fuel and a sufficient quantity of necessities for our trip at the Yanshiping station.

The trucks drove off the Qinghai-Tibet Highway at the Road Maintenance Station 100. It was a marshy area and we could only proceed in a shallow river. In the first 20 kilometres, the trucks got stuck four times. Sometimes, before the wheels made a complete turn, they became stuck again. When there was a heavy snow, we could cover less than a kilometre in a whole day. We kept getting down from the trucks and helped the drivers with the hoisting jack, carrying stones, putting lumber under the wheels, pushing the trucks and digging. We forded icy rivers, rolled on snow-covered ground, picked our way through a marsh and made our way forward in roadless areas. On October 5, after many hardships and dangers, we successfully reached the foot of the snow-covered Geladandong Mountain.

A whole year from the start of our preparations, we stood at last at the foot of the snowy mountain and a large expanse of wilderness, where a hurricane-like wind howled with the sound of 10,000 flags flapping in the wind. Against the azure sky, the snow-covered main peak of the Geladandong, 6,621 metres above sea level, was like a spear piercing into the sky. On either side of it were 21 more snowy peaks, each over 6,000 metres, spreading out into the distance like the silvery wings of a swallow. These snowy mountains had given birth to more than 40 modern glaciers, which feed the headwaters of the Yangtse River. The glaciers stood glistening in the bright sunlight. The great masses of ice at their feet were like blooming white lotus flowers in a world of ice and snow. As we stood there for a long time, we felt totally refreshed as if we had been rinsed by the ice and snow. All the worries in the everyday world had suddenly disappeared.

These glaciers are the source of the Yangtse River. Their imposing majesty and the magnificent, otherworldly scenery they presented stirred us deeply. Although we were standing in the biting cold, we felt as if our blood was boiling in our vessels. No words could describe how we felt at the moment. It was like standing at Tiananmen Square and watching the raising of the five-star red flag to the sound of the national anthem and being overwhelmed by the sacredness, solemnity and pride of the occasion. As we stood there unable to hold back the hot tears in our eyes, I recalled the poem *Snow* composed by the late Chairman Mao Zedong:

*Northern country scenery:  
A thousand miles sealed in ice,  
Ten thousand miles of drifting snow.  
On both sides of the Great Wall,*

*A vast expanse of white.  
Up and down the Great River,  
The roaring waves are suddenly stilled.  
The mountains are like dancing silver snakes,  
And the plains, scampering wax-coloured elephants,  
Trying to match heaven in height.  
Wait for a fine day,  
The land will be clothed in white, adorned in red,  
Becoming exceeding enchanting.*

In the warm sunlight, the glaciers in the mountains melt into trickles of water that flow down the mountain and become streams or the headwaters of the Yangtse River. As the water flows downstream, it is joined by hundreds of tributaries to become a mighty roaring river.

1. Beautiful waters and grassland at the foot of Geladandong Mountain
2. A group photo with the local people
3. Interviewing the local Tibetans





# TWO FAMILIES AT THE SOURCE OF THE YANGTSE

Photos by Shui Xiaojie Article by Dong Yanqiu



We had always believed that the area around the source of the Yangtse River, where most truck drivers dare not go, was uninhabited. The reason is simple. This area, where the average altitude is over 5,000 metres, is called "the third pole of the earth" by geologists and "the forbidden zone of life" by biologists. It is a place where the oxygen content of the air is only half of that of sea level, where water boils at 70°C and where the average annual temperature is -4.4°C. It is winter in all four seasons. Snow does not melt and wind whistles all the time.

But we were wrong. On October 6, 1996, when we climbed to a spot at 5,400 metres near the snowy Geladandong Mountain, we were surprised to find two black yak-hide yurts only four kilometres from the Ganlong Qinba Glacier at the foot of the Geladandong Mountain. After we members of the Yangtse River Source Investigation Team had rigged up our tents, we called on the two families in the yurts.

Mah, the master of the first family, wore two long braids and was standing outside his yurt dressed in a Tibetan robe of sheepskin made by his wife. After asking us into his yurt and leaving his wife, Baiti, to entertain us, he

picked up a pile of sheep's wool, wound it around his waist and began to twist it into yarn as he walked out of the yurt to look for his son Sonam Daji.

The yurt was permeated with the aroma of buttered tea and a faint smell of yak dung. The 41-year-old Baiti offered us fresh milk which she poured out from an ox horn. She was making cheese that day. Her method was simple: after churning out the butter, she heated the milk over a slow fire until the water in it had evaporated. Dalji, our Tibetan guide, told us that cheese to the Tibetans is like chocolate to us. It is their best refreshment. The freshly-made cheese was tender and delicious though it tasted a bit sour.

When the mutton that Baiti was cooking in a pot was about ready, Sonam Daji returned with his father. The pile of wool around the latter's waist had already become yarn. Our guide told us that most of the blankets in the Tibetan herdsmen's homes are made with the yarn spun by the men and woven by the women of the family. It usually takes at least four months to make a blanket. We looked at one of the blankets in the yurt and found that it was tightly woven and perfect for keeping out the cold. The tools for weaving the blankets are a number

of wooden sticks of different sizes and thickness. Some are flat, and others, round. The boots worn by the Tibetan herdsmen are very colourful and also hand-made by the mistress of the family. The soles of the boots are made with ox-hide, and the vamps, of woven wool, and the tops, of colourful corduroy. It takes about two months to make a pair and Baiti had to make four pairs of such boots every year.

Sitting next to Baiti were two young girls of about the same age. The eight-year-old Dawa is the younger daughter of their neighbour, who is very close to Baiti. The other girl is Baiti's six-year-old daughter, Kaisan Zechu. The two girls look so alike that we thought they were sisters. There is a distance of only about 10 metres between the yurts of the two families. The yak-hide ropes for fastening the yurts are interlocked. The boys in the two families are also like brothers. They go out to herd the animals together and come back together.







Sometimes she also helps her 12-year-old brother, Gakai, herd the sheep and cows. A hard-working girl, she sat cross-legged in the yurt, continuously pouring tea and putting more yak dung into the stove. She had a chequered scarf tied around her head with only her eyes and nose exposed. For that whole day, we did not see her eat anything nor take a rest.

The following morning, as we were preparing to leave, Ganqi brought us a plastic tank of ice water, which she carried on her back. When we washed our hands with the ice water and soap, and worked a great deal of lather, she smiled curiously. Only then did we see how sweet this 16-year-old girl is.



Later, we visited Dawa's father, Zema, and his family. To welcome his guests from a faraway place, Zema took a mutton leg into the yurt. His eldest daughter, Gangqi, skilfully cut it into pieces and cooked it.

Since Zema's wife passed away four years ago, Ganqi has taken over all the housework, including picking up yak dung for fuel, preparing buttered tea, cooking, making clothes and weaving blankets.

1. Children playing by their yurt
2. The storm of 1996 claimed half of the Mah family's animals.
3. Cigarettes are a favourite gift for the local people.
4. The Mah family now has 40 yaks and 80 sheep. These animals signify wealth and are rarely sold.





To travel independently with a rucksack on one's back has become increasingly popular in China these days. Even in border regions such as Tibet, there are now young people from various parts of China travelling like the foreign tourists do, with a self-made tour plan. Many are college students, who live frugally on their travels, but fear neither difficulties nor hardships in their quest for their dreams.

## Independent Tourists in

The people of Guangdong seem to have a special interest in Tibet. On my tour there in the summer of 1999, I often heard a familiar language and found that most travellers came from Guangzhou. They travelled in small groups and left their footprints everywhere in Tibet.

At many places in China there has been a double-track system of charging tourists, where tourists from inside and outside China are charged differently. But in Tibet there is no such system, except that China's own tourists do not need a certificate to enter Tibet. The admission fees to all scenic spots and historical sites are uniform, ranging from 25 to 40 yuan. To charter a four-wheel-drive vehicle to go to the remote areas, however, is nearly 1,000 yuan a day. Most of China's average tourists cannot afford such expenses.

I met a group of five students from the Guangzhou Fine Arts Institute, who tried to haggle over accommodation and bus fare along the way during their travel. But, barring discounted air tickets, there are no special student fares in Tibet. So, to reduce expenses, they took public buses or hitchhiked in Lhasa, dined on ordinary dishes and lodged in basic inns for only 10 yuan each.

However, I also came across some "rich tourists" from Guangzhou. The five people I met chartered two Santana cars in

Guangzhou students hire a vehicle to visit the Nam Lake.



Photos & article by Chen Tianquan

Golmud to take them to Lhasa, finding this a convenient way to be able to stop and take pictures on the way. To save time, many others fly to Tibet from Chengdu at a cost of 1,200 yuan one-way.

Among the independent tourists of China, the ones from Guangzhou rank first in number, and those from Beijing and Shanghai second. Most of them bring lots of photographic equipment, including tripods, and they take photos of the beautiful scenery like mad, never stinting on film.

As independent tourists, we Chinese started this practice much later than the Westerners. Although the Chinese independent tourists exceed the foreign ones in number in Tibet, they only visit the most famous tourist spots, unlike the Western tourists who love challenges and walk or ride a bicycle deep into the remote areas. However, there are some Chinese tourists who do likewise, such as the late Yu Chunshun who once trod all the five natural moats of Tibet. But during my three-week tour, I saw only foreign tourists riding bicycles along the China-Nepal Highway towards Nepal, or walking between Tingri and the base camp on the Qomolangma Peak. I had great esteem for their heroic spirit.

Most foreigners love to visit the Buddhist mountains or walk around the sacred lake, even though they are not believers of Tibetan Buddhism themselves. I saw notes put up by foreign tourists on the hotel's visitors' board seeking travel companions to visit the Nam Lake for two weeks or to ride horses on the grassland in northeastern Tibet for a month.

Most of the Chinese tourists are still not yet ready to endure the hardships of independent travel.



Translated by Xiong Zhenru





The Tibetan word *muggar* means wild man, while *co* is lake. As its name suggests, the Muggar Co, or Wild Man's Lake, is a solitary sheet of water where nature remains largely unperturbed.

Muggar Co:

## Wild Man's Lake

Photos & article by Huang Zhijun



We set off from Chengdu, drove for more than ten hours, and arrived at Kangding, capital of the Garzê Tibetan Autonomous Prefecture of Sichuan Province. Though the two cities are just 360 kilometres apart, there is a glaring difference in altitude of over 3,000 metres. This section of the Sichuan-Tibet Highway over the Erlang Mountain is prone to mudslides and the subsequent traffic jam made our journey tedious and tiresome.

We drove to the Gonggar National Scenic Resort at the Seven-colour Sea of the Muggar Lake, which is a combination of water and grassy rolling land, skirted by soaring mountain peaks. A classic single-storey building was a quivering silhouette in the lake.

### Four Seasons in a Single Day

It was early morning and the highland air was exceptionally refreshing. I sauntered across a grove of old firs carpeted with thick undergrowth. Climbing over a tiny hill and crossing a gurgling stream, I saw what looked like chimney smoke curling upwards in the distance. I walked over and realised that the "smoke" was actually sulphuric vapours

rising from a hot spring. I thrust my feet into the warm water — the feeling was rather exhilarating.

When I resumed my journey, the weather began to change. The blue sky with a few fleecy clouds gradually gave way to massive dark clouds, and the gentle breeze was replaced by a howling, chilly wind. By the time the lake came in sight, it was already snowing. Indeed, on this short excursion I experienced all four seasons.

### Wild Man's Lake

At 3,800 metres altitude, the 4,000-square-metre Muggar Lake is the largest alpine lake in northern Sichuan. The only accommodation was at a lakeside hotel, the Five-Colour Hotel. As befitting the wilderness of the lake, the hotel itself has an unmistakable primitive look. Instead of electric lamps and tap water, we had candlelight and water from a nearby stream. In the thick snow, the local Han and Tibetan workers invited us to sit by their bonfire for warmth, and offered us hot tea. Their warm-heartedness overwhelmed us.



A glimpse of the Seven-colour Sea



After checking in at the Jingjiang Hotel in Chengdu, Sichuan Province, at the beginning of our five-day "gourmet" tour, our group's first stop was the Laoma Hotpot Restaurant at Huangcheng for a Sichuan hotpot meal. It was supper time and the restaurant was packed with customers.

We ordered a Yuanyang hotpot dish, which consisted of twin pots on one stove, one containing soup with chilli peppers and other hot spices, and the other, plain soup. The ingredients included chicken, sliced beef, goose intestines, slices of tripe, soybean sheets and Sichuan bacon. When the waiter dished up the soup, we were stunned to find the spicy

Having a Sichuan-style hot hotpot



## Hot-Food Tour in Chengdu

Photos by Li Lizhu Article by Lian Shuying

soup pot covered by a thick layer of thumb-sized red hot peppers, and all decided to have the clear soup instead. It was unexpectedly delicious. We tried the beef first. The waiter said that this kind of beef became more delicious the longer it was cooked. Sure enough, it was really tasty and refreshing, so we unanimously agreed to have another plate. The following day we took a special passenger train for a one-day tour of the famous Duijiang Weir and Qingcheng Mountain.

Qingcheng is said to be the most quiet and tastefully laid out mountain under heaven. It deserved the reputation well. Overgrown with dense woods and shrouded in mist and clouds, the mountain looked like a fairyland. Prompted by curiosity, we sat down in a teahouse situated halfway up the mountain to sample the famous Mengding Tea. It was very sweet and refreshing, its light fragrance lingering in the mouth for a long time. The Duijiang Weir is a fascinating ancient water conservancy project, but what impressed me most was the Anlan Chain Bridge, which swayed so fiercely that I expected it to fall any time.


On the third day we spent 220 yuan to charter a minibus to

take us to Sanxingdui Museum in Guanghan City, 40 kilometres from Chengdu. As it was noon by the time we arrived, we had lunch at Sanxinghe Restaurant attached to the museum. This time we purposely ordered some small Sichuan dishes like cured meat, bean curd cooked in an earthenware pot, and rice crust. The cured meat was

especially good; it looked fatty but didn't taste greasy at all. The entire meal just cost us a little over 50 yuan, cheap but satisfactory.

We also visited the Wuhou Temple, which is an ancient building complex. Displayed there are the images of the main figures of the State of Shu of the Three Kingdoms Period (220-280), with civilian officials and military generals neatly lining the long corridors. The hall commemorating Liu Bei lies in the centre of the complex and in the rear hall is a statue of Zhuge Liang. Afterwards we came to a teahouse with numerous bamboo chairs and tables, where elderly people were playing mahjong to while away their time, or sitting in small groups sampling tea and chatting. Teahouses are the beloved places of Chengdu's population.

Chengdu is also famous for its various snack foods such as Pockmarked Mrs. Chen's bean curd, dragon-eye buns, Husband and Wife Lung Slices, stuffed glutinous rice dumplings, and spicy Dandan noodles. Chengdu's snacks come in many varieties but have one common feature: they always use hot peppers and Chinese prickly ash. So, they are only suitable for those who appreciate the hot and sharp flavours.

That evening we went to a famous restaurant and discovered that the so-called dragon-eye buns were simply buns with meat stuffing, Pockmarked Mrs. Chen's bean curd was the popularly known hot bean curd, and the dish of Husband and Wife Lung Slices was actually a hotchpotch of sliced beef, ox tongue, tripe and heart. But it was the dragon-eye bun that impressed me most — a large, thinly-wrapped bun with a tender stuffing that was incomparably delicious. 

Translated by Xiong Zhenru



Inside a temple complex in Chengdu



## HIGHLIGHTS OF ISSUE No. 236



by Zhou Ping

- Welcoming the new millennium, we will present you with some new thrills for touring China: the first **drive-in cinema** in **Beijing**; attractive **night scenes** in the ancient city of **Xi'an**; an extraordinary **bookshop** in **Shanghai**; a new method of **dining**... to name but a few. Some of our writers and readers also put forward their opinions and expectations on travel in the new century.
- Our feature story brings you to the **northern Shaanxi Province** to experience a joyous **Chinese New Year celebration**. During the 1999 Spring Festival, a couple of our Hong Kong readers flew to Shaanxi, where, with their own itinerary, they visited the cave dwellings in Yan'an, enjoyed the distinctive waist-drum dancing in Ansai, savoured local food... Most importantly, they have captured, both with the camera and in words, the festive moments of their journey to share with us.
- Another group of travellers headed for Yunnan Province trying to conquer the unfathomable **Biluo Mountain**. Standing next to the roaring Lancang and Nujiang rivers, the Biluo Mountain is not only precipitous, but is also filled with an air of mystery. How could these mountaineers find their way on the trail-less mountain and brave the unpredictable alpine climate to finally realise their dream?
- After an eight-day photography tour to the heavenly Jiuzhaigou in Sichuan Province, all the tour members returned with contented hearts. Apart from their pictures, they also jotted down some episodes of their journey. We compiled some of these into the article **"Walking into Nature"**. So let's check out their unforgettable trip in the "Traveller's Corner" to find out exactly how they were bewitched by the picturesque landscapes.



# Population and Ethnic Groups



by Chen Yajiang

China is the world's most populous country, with a population of 1.2 billion, based on the 1995 census. Over 90 percent of the Chinese are the Han people, who mainly live in the central and eastern regions. The 108.46

million ethnic minority people who make up 8.98 percent of the national population, traditionally inhabit the western and border areas.

During the long history of coexistence in one united country, the peoples of different ethnic groups have established fraternal relationships among them. Though more or less influenced by the Han culture, each ethnic minority group maintains its own tradition and customs, which comprise an important part of the rich and colourful Chinese civilisation.

## The System of Regional Autonomy

In areas where people of the ethnic minorities live in compact



by Guo Zhen

communities, regional autonomy is practised at the levels of region (equal in status to a province), prefecture, and county (banner). Among the 55 minority ethnic groups, 44 have their own autonomous governments at various levels. Up to the end of 1998, China has established 155 autonomous areas, including five autonomous regions, 30 autonomous prefectures, and 120 autonomous counties and

banners, in addition to 1,256 ethnic townships. These include 75 percent of the Chinese minority people and cover 64 percent of the country's territory.

The local government of such an autonomous region, prefecture or county has the power to amend or make additions to existing national laws. While enjoying the equal constitutional rights with the Han people, the ethnic minorities are encouraged by the Central Government to retain their own customs and develop their own characteristic cultures.

## Family Planning and One-Child Policy

The one-child policy is China's national policy, but it is not enforced among ethnic minorities, though family planning is encouraged. An

ethnic minority couple generally may have two or three children if they wish; in frontier areas and areas with adverse natural conditions, or of an ethnic group with a very small population, each family may have more than three children; Tibetan farmers and herdsman in the Tibet Autonomous Region may have as many children as they like. As a result, ethnic minority populations have been increasing at a higher rate than the national average rate.



by Wang Mao

## The Five Autonomous Regions

Inner Mongolia Autonomous Region, established in May 1947, capital, Hohhot; Xinjiang Uygur Autonomous Region, established in October 1955, capital, Ürümqi; Guangxi Zhuang Autonomous Region, established in March 1958, capital, Nanning; Ningxia Hui Autonomous Region, established in October 1958, capital, Yinchuan; Tibet Autonomous Region established in September 1965, capital, Lhasa.

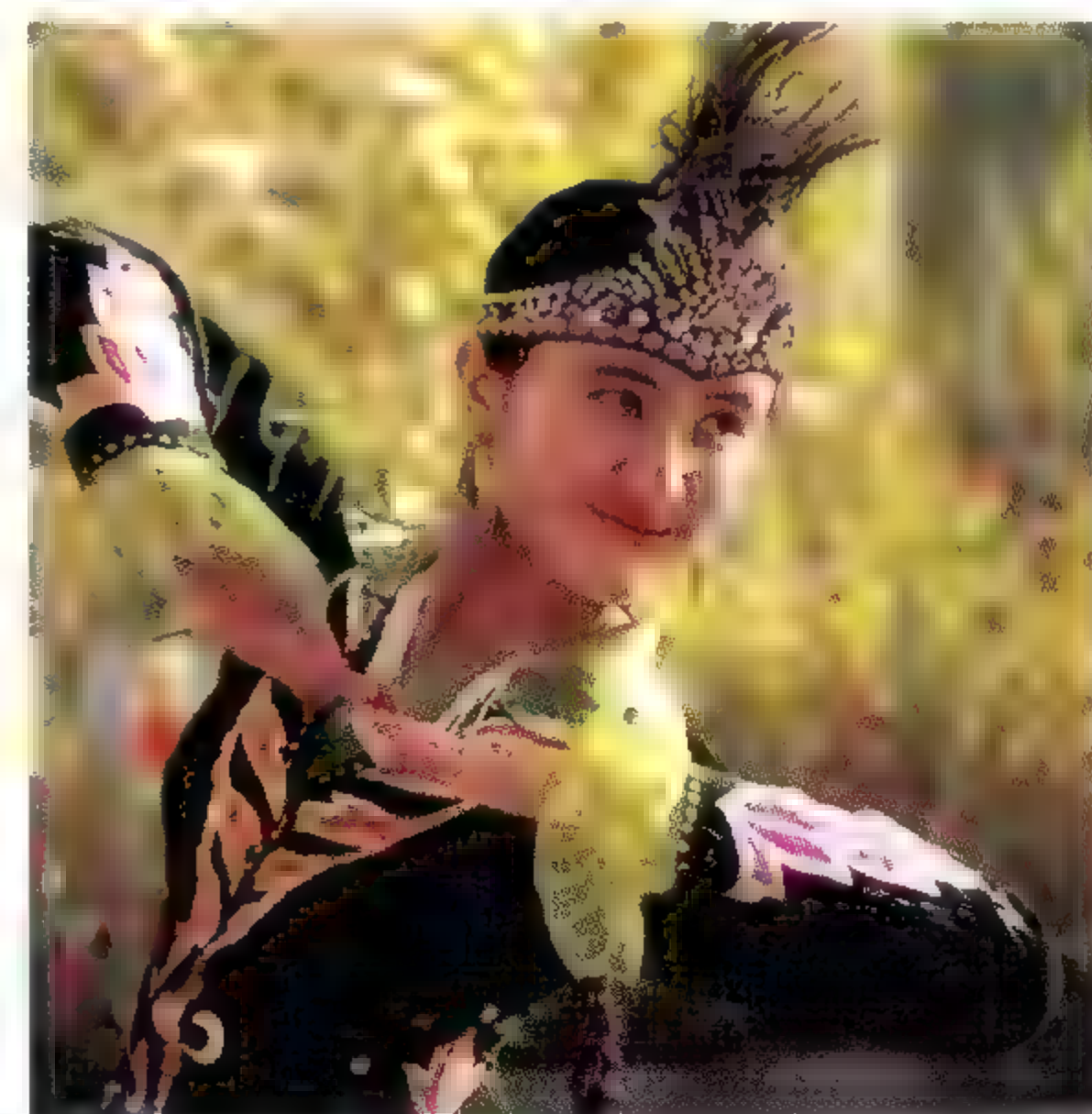
## Autonomous Prefectures

Jilin Province: Yanbian Korean Autonomous Prefecture.

Gansu Province: South Gansu Tibetan Autonomous Prefecture; Linxia Hui Autonomous Prefecture.

Qinghai Province: Yushu Tibetan Autonomous Prefecture; South Qinghai Tibetan Autonomous Prefecture; Huangnan Tibetan Autonomous Prefecture; North Qinghai Tibetan Autonomous Prefecture; Golog Tibetan Autonomous Region; West Qinghai Mongolian Autonomous Prefecture.

Xinjiang Uygur Autonomous Region: Bayingolin Mongolian Autonomous Prefecture; Bortala Mongolian Autonomous Prefecture; Kizilsu Kirgiz Autonomous Prefecture; Changji Hui Autonomous Prefecture; Ili Kazak Autonomous Prefecture.



by Liang Feng





Hunan Province: West Hunan Tujia and Miao Autonomous Prefecture.

Sichuan Province: Aba Tibetan Autonomous Prefecture; Garzê Tibetan Autonomous Prefecture; Liangshan Yi Autonomous Prefecture.

Guizhou Province: Southeast Guizhou Miao and Dong Autonomous Prefecture; South Guizhou Buoyei and Miao Autonomous Prefecture; Southwest Guizhou Buoyei and Miao Autonomous Prefecture.

Yunnan Province: Xishuangbanna Dai Autonomous Prefecture; Dehong Dai and Jingpo Autonomous Region; Honghe Hani and Yi Autonomous Prefecture; Nujiang Lisu Autonomous Prefecture; Dali Bai Autonomous Prefecture; Dêqên Tibetan Autonomous Prefecture; Wenshan Zhuang and Miao Autonomous Prefecture; Chuxiong Yi Autonomous Prefecture.



## Minority Ethnic Groups and Their Distribution

Name	Distribution
Achang	Yunnan
Bai	Yunnan, Guizhou, Hunan
Bao'an	Gansu
Blang	Yunnan
Buoyei	Guizhou, Yunnan
Dai	Yunnan
Daur	Inner Mongolia, Heilongjiang
Dong	Guizhou, Guangxi, Hubei, Hunan
Dongxiang	Gansu, Xinjiang
Mongolian	Inner Mongolia, Liaoning, Jilin, Heilongjiang, Hebei, Gansu, Qinghai, Xinjiang
Hui	Ningxia, provinces and regions in Northeast, Northwest and Southwest China, big cities
Tibetan	Tibet, Sichuan, Qinghai, Gansu, Yunnan
Uygur	Xinjiang
Miao	Guizhou, Guangxi, Hainan, Hubei, Hunan, Sichuan, Yunnan
Yi	Guizhou, Sichuan, Yunnan
Zhuang	Guangxi, Guangdong, Yunnan
Korean	Jilin, Heilongjiang, Inner Mongolia, Liaoning
Manchu	Liaoning, Beijing, Hebei, Heilongjiang, Jilin, Inner Mongolia
Yao	Guangxi, Guangdong, Guizhou, Hunan, Yunnan
Tujia	Hunan, Hubei, Guizhou, Sichuan
Hani	Yunnan
Kazak	Xinjiang, Gansu
Li	Hainan, Guizhou
Lisu	Yunnan, Sichuan
Va	Yunnan

Name	Distribution
She	Fujian, Guangdong, Jiangxi, Zhejiang
Gaoshan	Taiwan, Fujian
Lahu	Yunnan
Shui	Guizhou, Guangxi
Naxi	Yunnan
Jingpo	Yunnan
Kirgiz	Xinjiang
Tu	Qinghai, Gansu
Mulam	Guangxi
Qiang	Sichuan
Salar	Qinghai, Gansu
Maonan	Guangxi
Gelao	Guizhou
Xibe	Liaoning, Xinjiang
Pumi	Yunnan
Tajik	Xinjiang
Nu	Yunnan
Uzbek	Xinjiang
Russian	Xinjiang, Heilongjiang
Ewenki	Inner Mongolia
De'ang	Yunnan
Yugu	Gansu
Jing	Guangxi
Tatar	Xinjiang
Drung	Yunnan
Oroqen	Heilongjiang, Inner Mongolia
Hezhen	Heilongjiang
Monba	Tibet
Lhoba	Tibet
Jino	Yunnan



# Hotels in Shanghai

Name	Star	Address	Postcode	Tel	Fax
Garden Hotel Shanghai	*****	58 Maoming Rd. S.	200020	(21) 64151111	(21) 64158866
Jinjiang Tower	*****	161 Changle Rd.	200020	(21) 64151188	(21) 64150048
The Portman Ritz-Carlton Shanghai	*****	1376 Nanjing Rd. W.	200040	(21) 62798888	(21) 62798800
Shanghai Hilton International	*****	250 Huashan Rd.	200040	(21) 62480000	(21) 62483848
Shanghai JC Mandarin	*****	1225 Nanjing Rd. W.	200040	(21) 62791888	(21) 62791822
Huating Hotel	*****	1200 Caoxi Rd. N.	200030	(21) 64391000	(21) 62550830
The Westin Taipingyang Shanghai	*****	5 Zunyi Rd. S.	200335	(21) 62758888	(21) 62755420
Galaxy Hotel	****	888 Zhongshan Rd. W.	200051	(21) 62755888	(21) 62754413
Holiday Inn Crowne Plaza Shanghai	****	400 Panyu Rd.	200052	(21) 62808888	(21) 62802788
Jianguo Hotel	****	439 Caoxi Rd. N.	200030	(21) 64399299	(21) 64399433
Jinjiang Hotel	****	59 Maoming Rd. S.	200020	(21) 62582582	(21) 64725588
Peace Hotel	****	20 Nanjing Rd. E.	200002	(21) 63216888	(21) 63290300
Rainbow Hotel	****	2000 Yan'an Rd. W.	200051	(21) 62753388	(21) 62757244
Radisson SAS Lansheng Hotel	****	1000 Quyang Rd.	200437	(21) 65428000	(21) 65448400
Yangtze New World Hotel	****	2099 Yan'an Rd. W.	200335	(21) 62750000	(21) 62750750
Novotel Shanghai Yuanlin Hotel	***	201 Baise Rd.	200231	(21) 64701688	(21) 64700008
Qianhe Hotel	***	650 Yishan Rd.	200233	(21) 64700000	(21) 64700348
Yan'an Hotel	***	1111 Yan'an Rd. C.	200040	(21) 62496081	(21) 62498048
Jinqiao Hotel	***	1379 Jinqiao Rd., Pudong New Area	201206	(21) 58990890	(21) 58995100
Shanghai Hotel	***	505 Wulumuqi Rd. N.	200040	(21) 62480088	(21) 62481310
Tianma Hotel	***	471 Wuzhong Rd.	201103	(21) 62425880	(21) 64010662
New Asia Hotel	***	422 Tiantong Rd.	200085	(21) 63242210	(21) 63269529
City Hotel	***	5-7 Shaanxi Rd. S.	200020	(21) 62551133	(21) 62550211
Shanghai Mansion	***	20 Suzhou Rd. N.	200080	(21) 63246260	(21) 63065147
Jinsha Hotel	***	801 Jinshajiang Rd.	200062	(21) 62578888	(21) 62574149
Hengshan Hotel	***	534 Hengshan Rd.	200030	(21) 64377050	(21) 64335732
Haigang Hotel	**	89 Taixing Rd.	200041	(21) 62553553	(21) 62550151
Nanjing Hotel	**	200 Shanxi Rd. S.	200001	(21) 63221455	(21) 63206520
Wugong Hotel	**	431 Fuzhou Rd.	200001	(21) 63260303	(21) 63282820
Yangtze Hotel	**	740 Hankou Rd.	200001	(21) 63517880	(21) 63516974



# Flights to and from Shanghai

Route	Days	Dep.	Arr.	Flight
Guangzhou — Shanghai	1 4	0745	0940	CZ3613
	6	0745	0940	CZ3617
	3 7	0745	0940	CZ3609
	2 5	0745	0940	CZ3611
	1 2 3 4 5 6 7	0900	1100	CZ3523
	1 2 3 4 5 6 7	1100	1245	CZ3537
	1 2 3 4 5 6 7	1120	1310	MU5380
	1 4	1210	1355	CZ3525
	1 2 3 4 5 6 7	1435	1630	FM 302
	1 2 3 4 5 6 7	1610	1800	CZ3503
	1 2 3 4 5 6 7	1705	1855	FM 304
	1 2 3 4 5 6 7	1810	2005	MU5306
	1 4 6	1830	2020	CZ3599
	1 2 3 4 5 6 7	1850	2100	FM 308
	1 2 3 4 5 6 7	1950	2150	MU5320
Shanghai — Guangzhou	1 2 3 4 5 6 7	0800	1000	FM 303
	1 2 3 4 5 6 7	0815	1015	MU5379
	1 2 3 4 5 6 7	1135	1335	FM 301
	1 2 3 4 5 6 7	1205	1355	CZ3524
	1 2 3 4 5 6 7	1355	1545	CZ3538
	1 2 3 4 5 6 7	1510	1710	MU5305
	1 2 3 5 6	1540	1740	CZ3526
	1 2 3 4 5 6 7	1555	1800	FM 307
	1 2 3 4 5 6 7	1645	1840	MU5319
	6	1655	1900	CZ3618
	3 7	1655	1900	CZ3610
	2 5	1820	2015	CZ3612
	1 4	1820	2015	CZ3614
	1 2 3 4 5 6 7	1910	2100	CZ3504
Huangshan — Shanghai	1 2 3 4 5 6 7	0900	0950	MU5512
	2 6	1740	1840	CZ8761
	1 2 3 4 5 6 7	2140	2230	MU5984
Shanghai — Huangshan	1 2 3 4 5 6 7	0715	0815	MU5511
	6	1920	2020	CZ8762
	2	2000	2050	CZ8762
	1 2 3 4 5 6 7	2020	2110	MU5983
Lanzhou — Shanghai	1 2 4	0815	1040	WH2515
	6	0815	1045	WH2515
	3 5 7	1425	1705	WH2511
Shanghai — Lanzhou	1 2 4	1130	1430	WH2516
	3 5 7	1805	2035	WH2512
	6	1915	2210	WH2516
Nanning — Shanghai	4	0950	1210	SZ4538
	2 5 6	1010	1255	SZ4524
	3	1010	1310	SZ4524
	1	1100	1400	SZ4524
	7	1130	1350	SZ4538
	2 4 6	1405	1615	3U 575
	2 4 6	1100	1335	3U 576
Shanghai — Nanning	4	1255	1520	SZ4537
	5	1350	1725	SZ4523
	2 3 6	1400	1725	SZ4523
	7	1435	1655	SZ4537
	1	1450	1810	SZ4523

Note: There are dozens of daily flights between Shanghai and Beijing.

Route	Days	Dep.	Arr.	Flight
Sanya — Shanghai	2 6	0800	1200	CJ6755
	4	0800	1205	CJ6755
	1 5	0820	1215	CJ6751
	3 7	0830	1215	CJ6753
	3 7	1805	2205	CJ6754
Shanghai — Sanya	1 5	1810	2220	CJ6752
	2 4 6	1920	2310	CJ6756
Tianjin — Shanghai	6	0825	0955	X2 215
	4 7	0825	1015	X2 215
	1 2 3 5	0830	1015	X2 205
	1 5	1030	1200	H4 692
	1 2 3 4 5 6 7	1520	1710	CA1523
	1 2 3 4 5 6 7	1750	1925	MU5180
Shanghai — Tianjin	1 5	0810	0940	H4 691
	1 2 3 5	1105	1240	X2 206
	4 6 7	1430	1620	X2 216
	1 2 3 4 5 6 7	1530	1710	MU5179
	1 2 3 4 5 6 7	1750	1940	CA1524
Urümqi — Shanghai	1 3 4 6 7	0845	1300	XO9501
Shanghai — Urümqi	1 3 4 6 7	1415	1930	XO9502
Xi'an — Shanghai	1 2 3 4 5 6 7	0820	1005	WH 291
	3 6	0850	1040	WH 295
	2 4 5 7	0935	1120	WH 293
	2 3 5 7	0950	1145	CA1216
	1 5	1445	1625	WH 297
	2 3 4 6 7	1610	1810	WH2501
	2 4 6	1645	1835	FM 202
	1 3 5 7	1940	2140	FM 202
Shanghai — Xi'an	1 3 4 5 7	0755	0955	WH2502
	2 6	1155	1420	WH 298
	1 2 3 4 5 6 7	1350	1545	FM 201
	1 2 3 4 5 6 7	1745	2000	WH 292
	2 4 5 7	1810	2010	WH 294
	3 6	1910	2130	WH 296
Zhangjiajie — Shanghai	1 2 4 7	1945	2130	MU5312
Shanghai — Zhangjiajie	7	1655	1900	MU5311
	1 2 4	1710	1900	MU5311
Zhengzhou — Shanghai	1 2 3 4 5 6 7	0820	0940	Z2 355
	1 2 3 4 5 6 7	1215	1340	CZ3593
	1 2 3 4 5 6 7	1635	1800	MU5382
Shanghai — Zhengzhou	1 2 3 4 5 6 7	1020	1200	Z2 356
	1 2 3 4 5 6 7	1405	1530	MU5381
	1 2 3 4 5 6 7	1420	1555	CZ3594
<b>Airline codes:</b> CA = Air China CJ = China Northern Airlines CZ = China Southern Airlines FM = Shanghai Airlines H4 = Hainan Airlines MU = China Eastern Airlines SZ = China Southwest Airlines WH = China Northwest Airlines XO = Xinjiang Airlines X2 = China Xinhua Airlines Z2 = Zhongyuan Airlines 3U = Sichuan Airlines				

\* For reference only.



ARTICLES LISTED ACCORDING TO PROVINCE,  
AUTONOMOUS REGION, MUNICIPALITY AND SPECIAL  
ADMINISTRATIVE REGION

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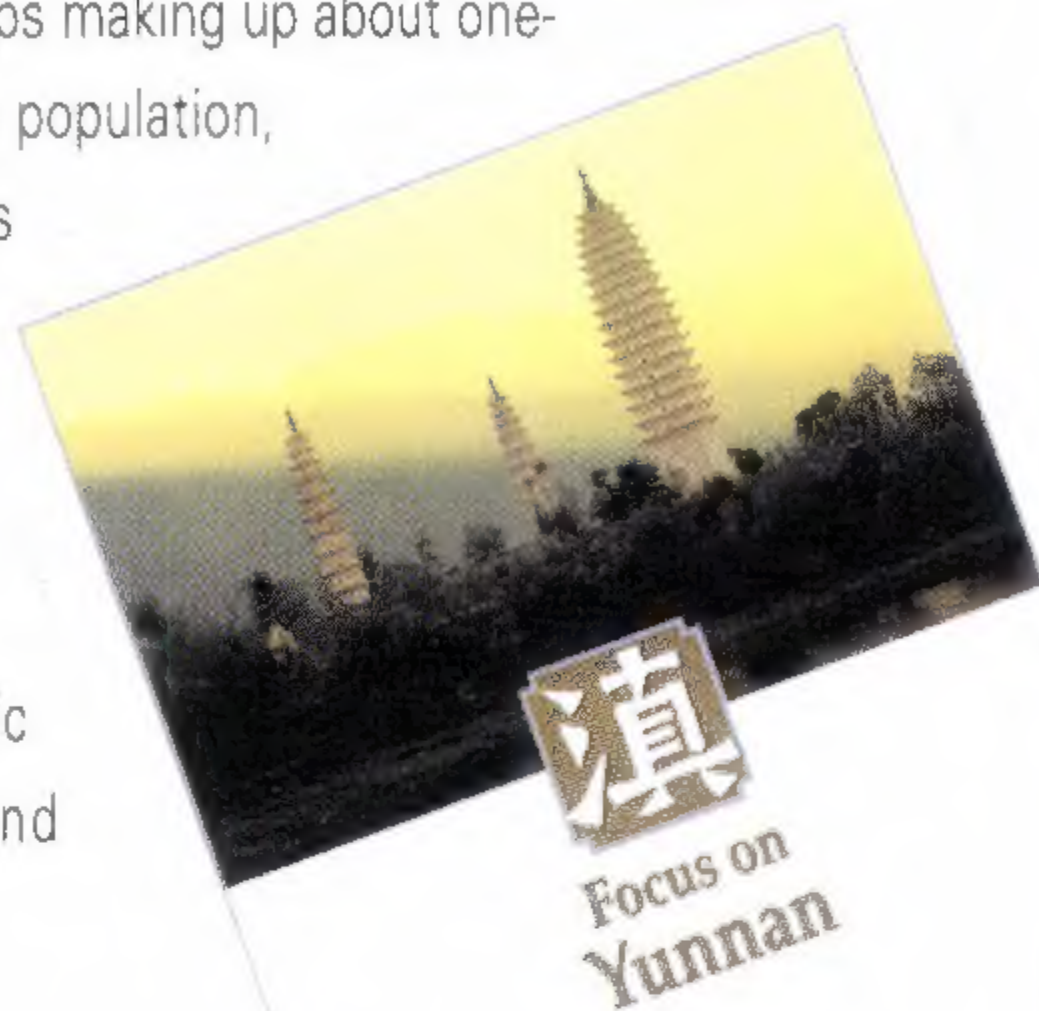
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### Focus on Yunnan

The mountainous wonderland of Yunnan enjoys a favourable warm climate year round. Its capital, Kunming, sitting alongside Yunnan's largest lake, Dianchi, has the honourable name of "Spring City". The province is full of natural wonders and cultural relics, such as the Stone Forests, the Shangri-La, and the ancient cities of Dali and Lijiang. With over 20 diverse ethnic groups making up about one-third of the population, opportunities abound for you to see their characteristic cultures and customs.



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### Focus on Fujian

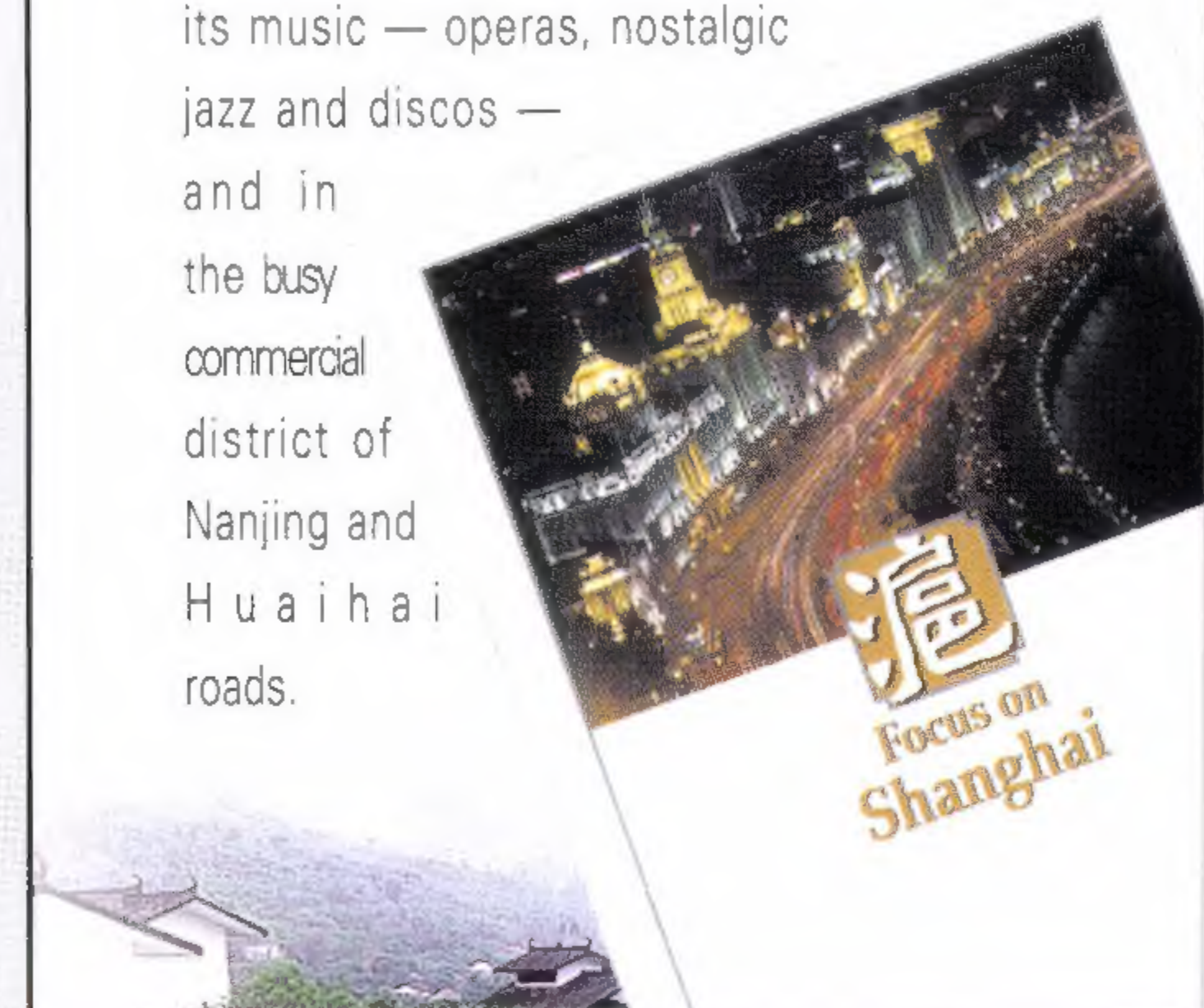
Situated on the southeast coast, Fujian Province overlooks Taiwan Island across the Taiwan Strait. Its mountainous landscape includes the Wuyi Mountain Scenic Area, one of the UN World Heritage sites in China. The province's zigzag coastlines, numerous beaches and charming seas offer spectacular scenic beauty as well as historical and cultural interest in such places as the Drumming Wave Islet in Xiamen and the Mazu Temple in Meizhou Island.



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### Focus on Shanghai

Shanghai, the largest metropolis in China, and formerly the Far East financial centre, has experienced dramatic development over the past century. The world-famous Bund along the Huangpu River shows you buildings of different historical periods and varied architectural styles, while skyscrapers are rising in the new area of Pudong. Shanghai's multiculturalism is seen in its music — operas, nostalgic jazz and discos — and in the busy commercial district of Nanjing and Huaihai roads.



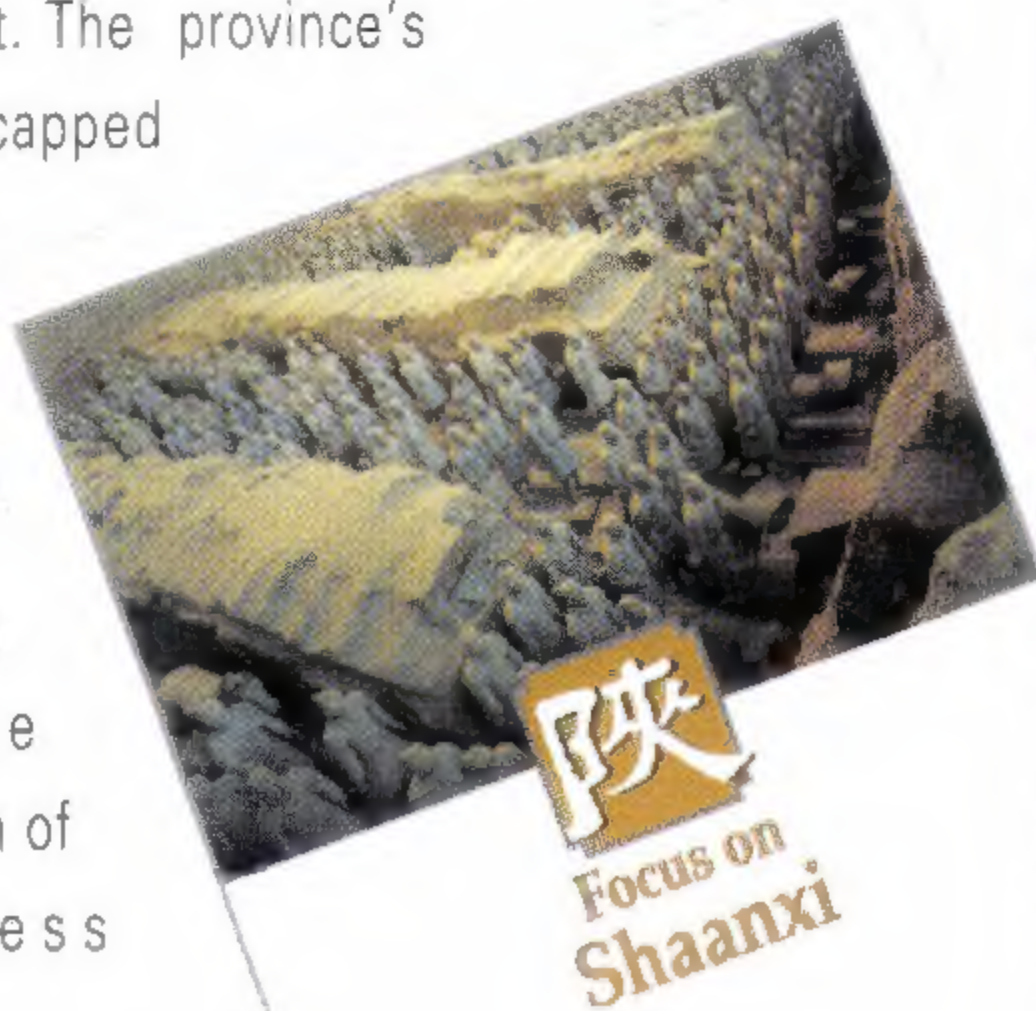
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### Focus on Shaanxi

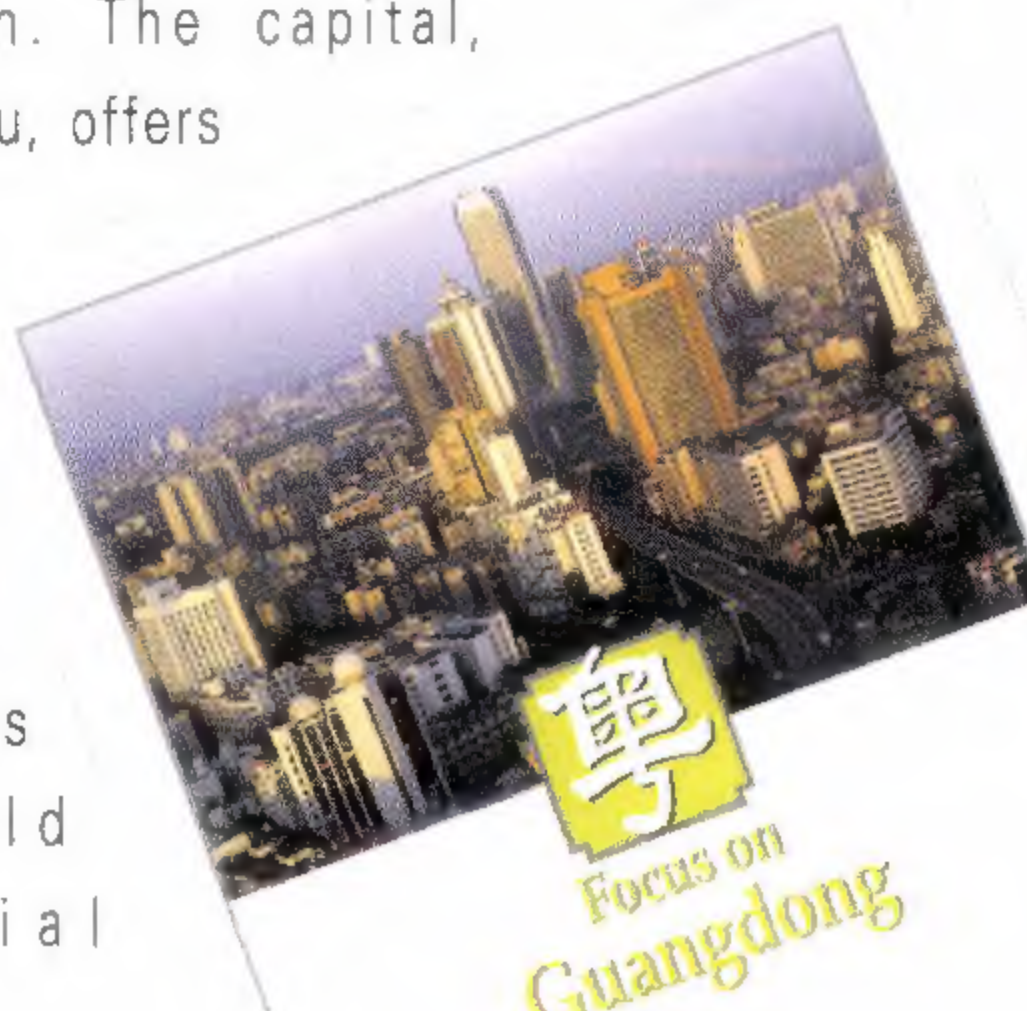
Shaanxi is the cradle of the Chinese civilisation and Xi'an was the capital of 13 dynasties. This has left Shaanxi a rich legacy of historical sites and cultural relics. In the provincial capital Xi'an, there is the fascinating terracotta army unearthed from the tomb of the First Emperor, Qin Shihuang; the tomb of Tang-dynasty Wu Zetian, China's first empress; and the stele forest. The province's beauty is capped with the sheer cliffs of Mount Huashan and the yellow earth of the Loess Plateau.



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### Focus on Guangdong

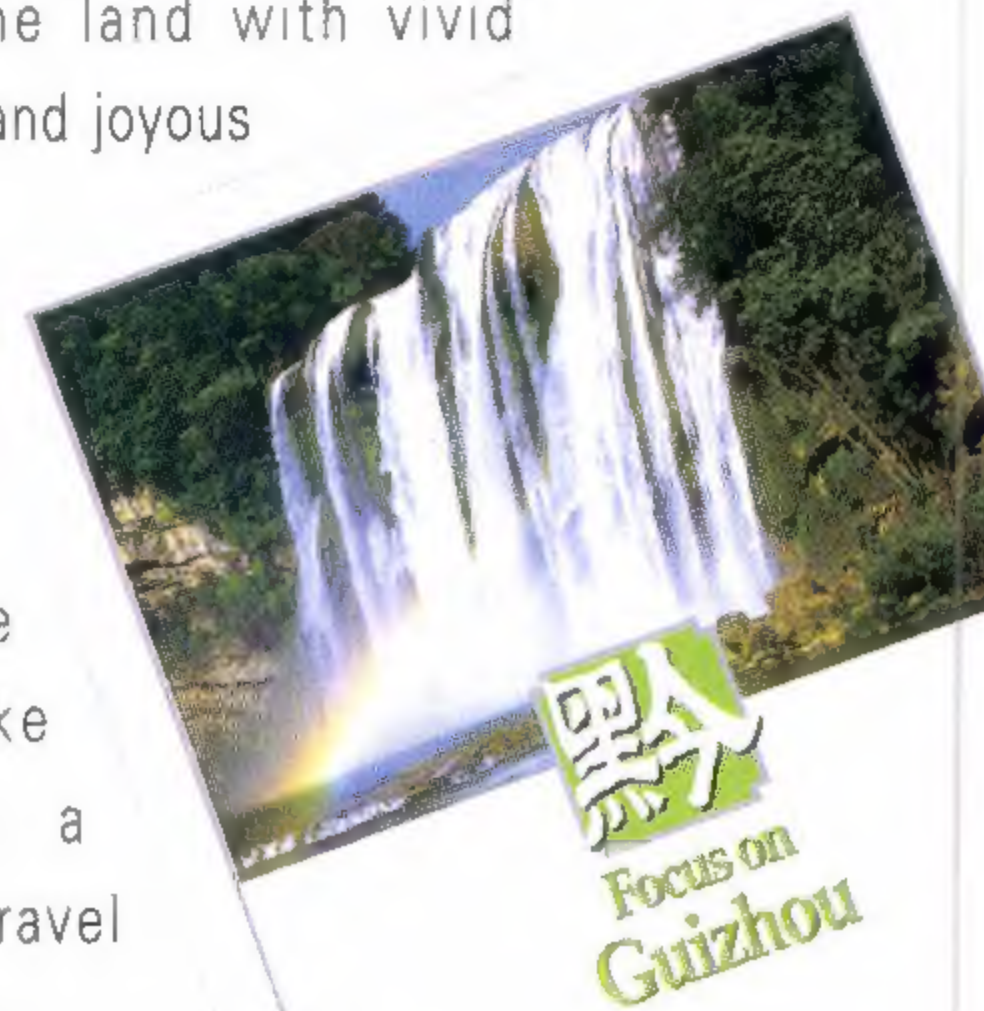
An important gateway into China, the fertile Pearl River Delta of the southern province of Guangdong fans out from Guangzhou to the South China Sea and borders Hong Kong and Macao. The province's natural scenic spots include the limestone pinnacles of Zhaoqing's Seven Star Crag, the red sandstone of Danxia Mountain, and the volcanic beauty of Xiqiao Mountain. The capital, Guangzhou, offers plenty of history in its museums, temples, mosques and old colonial buildings.



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### Focus on Guizhou

Guizhou is a land of splendid natural scenery. Its towering mountains and karst landforms team up with the gurgling rivers and magnificent waterfalls to form a wonderful work of Mother Nature. Huangguoshu Waterfalls and the limestone caves are the province's most frequented scenic spots. The 17 ethnic groups living in the picturesque province further colour the land with vivid customs and joyous festivals. It is its natural beauty and culture that make Guizhou a perfect travel destination.





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## Focus on Tianjin

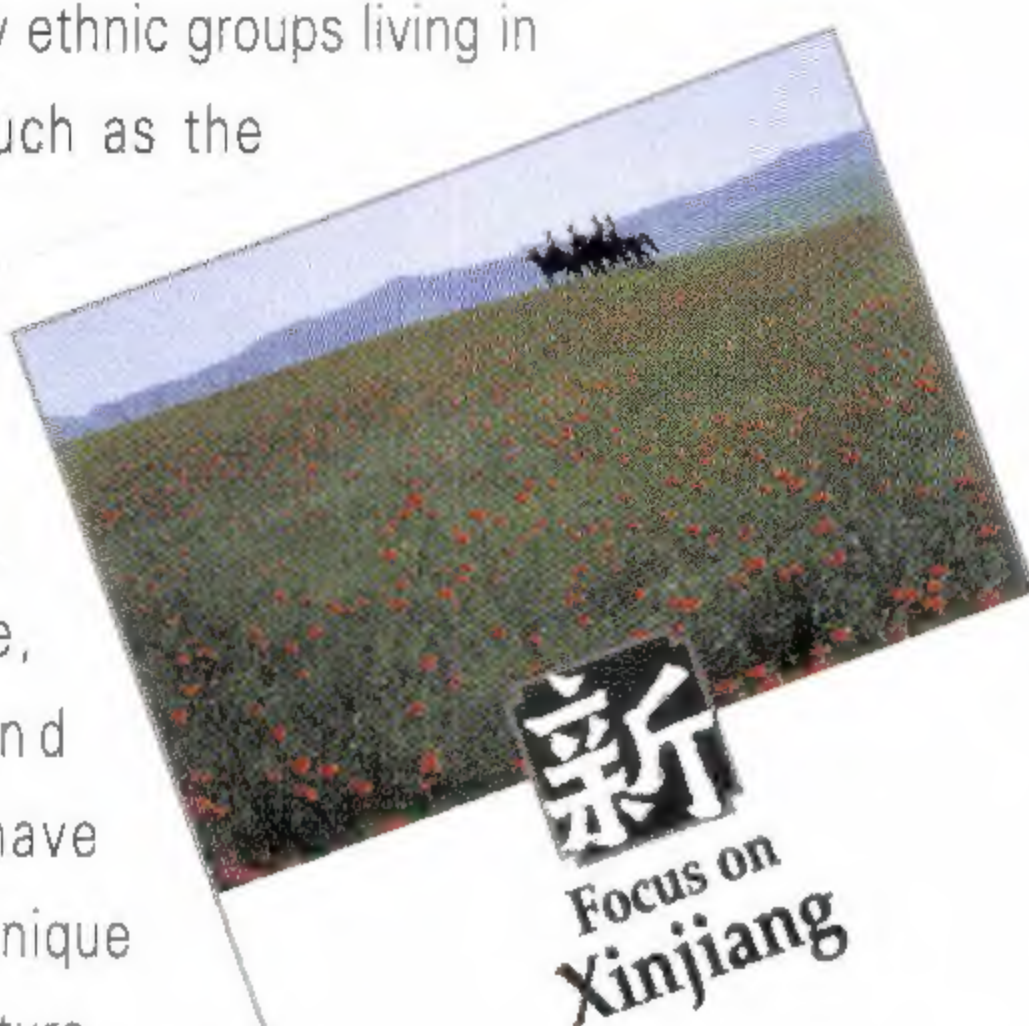
Tianjin, one of the four municipalities under direct Central Government administration, is an important industrial and commercial centre of China and the biggest port in the north. The history of the city can be found in its Ancient Culture Street, 100-year-old Western-style buildings, Opera Museum and Mazu Temple. Besides the TV Tower and the Haihe River in the city, there are scenic spots in the outskirts, including the Dule Temple and the Great Wall at Huangya Pass.



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## Focus on Xinjiang

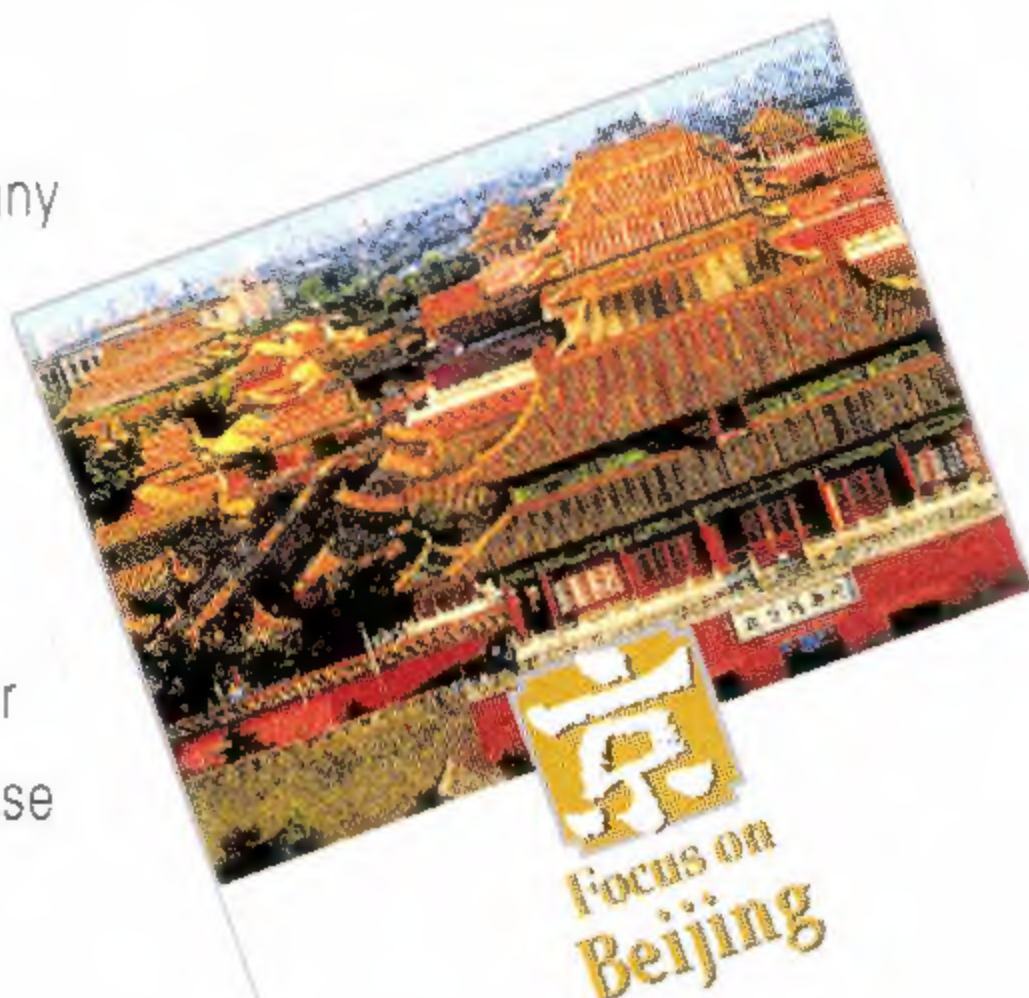
On the vast land of Xinjiang in Northwest China, there are mountains, basins, deserts and lakes, which provide tourists with numerous attractions — ruins of ancient cities and tombs along the Silk Road; Turpan, an oasis in the desert; Kanas Lake, a gem imbedded in the Altay Mountains; Bayanbulak — the Swan Lake; and the world's second largest desert, the Taklimakan. The minority ethnic groups living in Xinjiang, such as the Uygur, Kazak, Mongolian, Uzbek, Tajik, Xibe, Kirgiz and Tatar, all have their own unique colourful culture.



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## Focus on Beijing

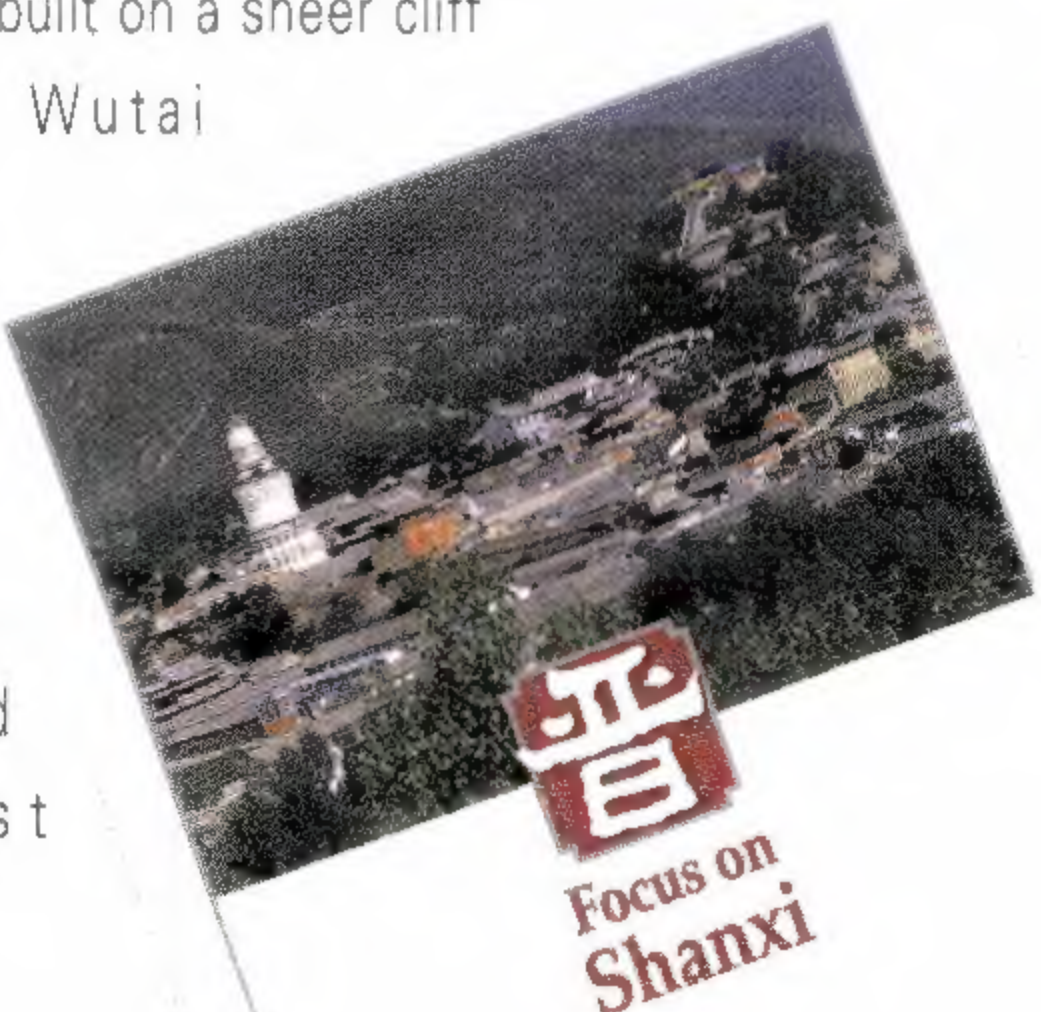
Beijing is a metropolis of everlasting charm. There are simply too many captivating things to see, to experience and to taste in this grand city with both old glamour and new mobility. There are historical sites such as the Palace Museum (the Forbidden City), the Temple of Heaven, the Summer Palace, and the Ming Tombs; there are also many scenic spots in its outskirts. Recently, tours have been organised for visitors to taste the real Beijing flavour of life — touring the small back lanes, having tea in a traditional-style teahouse and enjoying the Peking Opera.



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## Focus on Shanxi

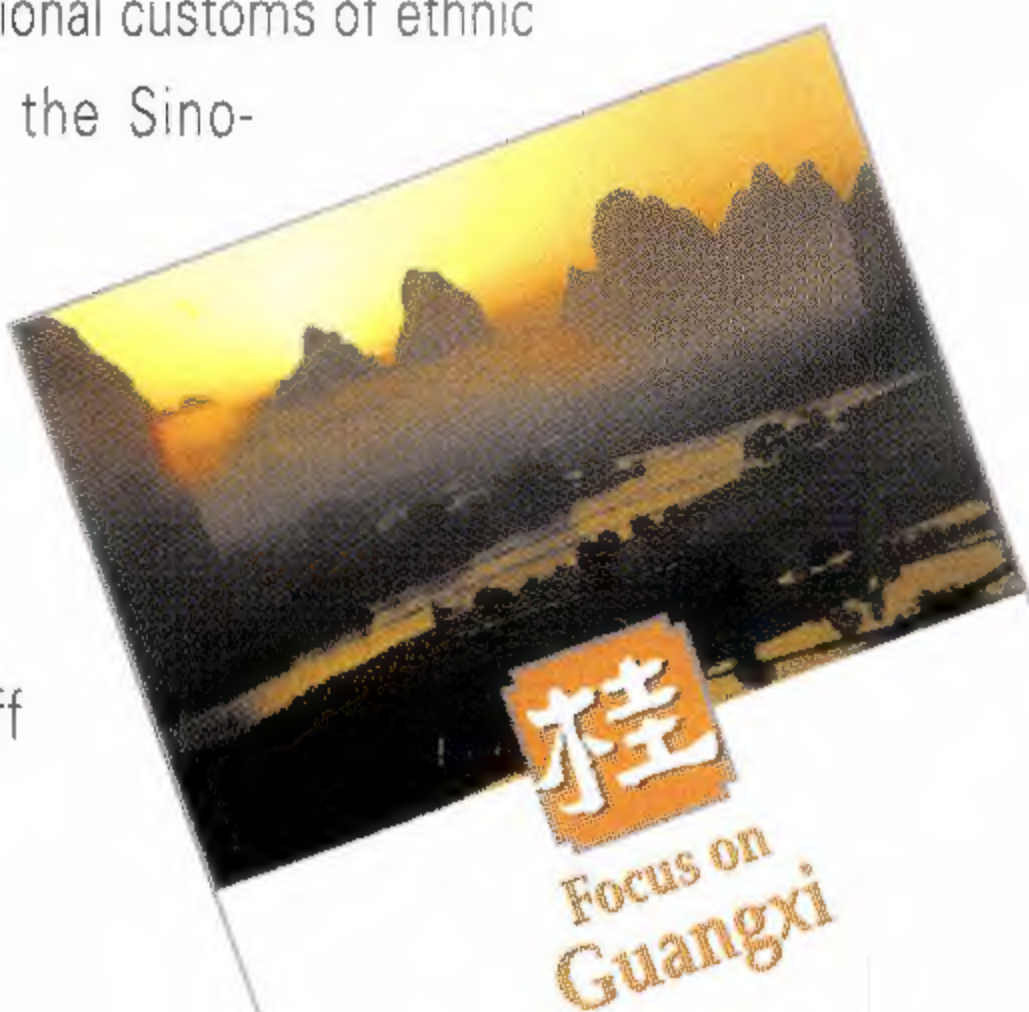
Shanxi Province, one of the birthplaces of the Chinese civilisation, has impressive ancient architecture and a wealth of well-preserved Buddhist temples, monasteries and grottoes. Among the most famous are the Yungang Grottoes containing some of China's oldest sculptures and Buddhist art, the Yongle Palace, the Jinci Temple, the Hanging Monastery built on a sheer cliff and the Wutai Mountain, one of China's most famous sacred Buddhist lands.



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## Focus on Guangxi

Unusual topography has endowed the province with numerous spectacular karst formations — limestone caves, pinnacles and rocks. The most famous and enchanting scenic spot is Guilin, and the most travelled route, on the Lijiang River from Guilin to Yangshuo. The coastal city of Beihai has the country's largest beach, the Silver Beach. Other attractions include the varied traditional customs of ethnic minorities, the Sino-Vietnamese border area, and the mysterious Huashan cliff paintings.



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